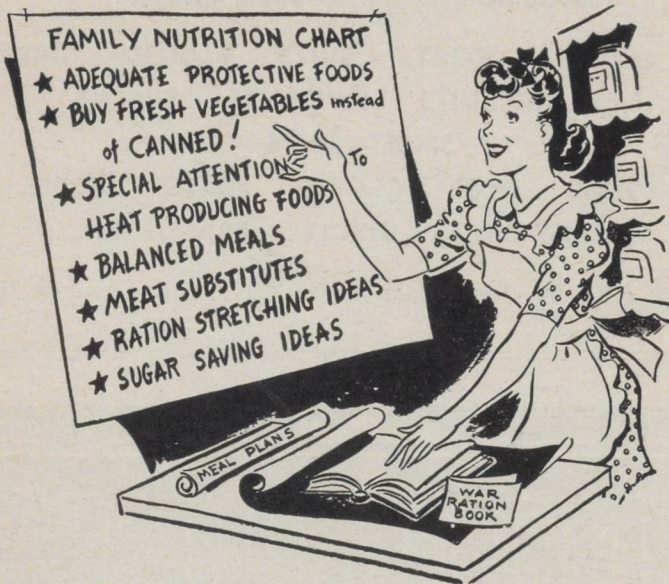


15-

COOK TO WIN



Compiled by
The "GOOD CHEER CLUB"
OF WESLEY UNITED CHURCH



FIRST PUBLISHED - APRIL, 1943
Calgary, Alberta,
Canada

COOK TO WIN

MARGARET BOWMAN

Ladies' Specialty Shop



Specializing in the following articles:

SPORT JACKETS - SKIRTS - SUITS - BLOUSES - DRESSES

BATHING SUITS - SWEATERS - SLACKS

SPORT SUITS

LINGERIE - HOSE - GLOVES - PURSES - ROBES

HOUSE COATS - GIRDLES - BRASSIERES

230--8th AVE. W. (next door to Capitol Theatre) - M 2676

The PHOENIX PRESS *Co.*
— LIMITED —

»» *Commercial Printers* ««
Telephone -- M4527

408 Seventh Avenue W. Calgary, Alta.

Foreword



It is our pleasure to present "Cook to Win" to the housewives of Alberta. You have so cheerfully accepted wartime restrictions already imposed, and are willing to accept the challenge of further rationing. The pioneer spirit that is your western inheritance will see your families well nourished and happy no matter what the future holds. To that end the Good Cheer Club has compiled this cookbook. Our hope is that it will be your ever ready help until the day returns when "Freedom From Want" is realized throughout the world.

The interest and assistance of all our friends is most deeply appreciated, for without their help we could not have assembled such a wealth of War-time recipes.

The firms who have advertised in our book are worthy of your support, and we thank them for their co-operation.

GOOD CHEER CLUB
of WESLEY UNITED CHURCH

Canada's Official Food Rules Outlined.

**THESE ARE THE HEALTH-PROTECTIVE FOODS.
BE SURE YOU EAT THEM EVERY DAY
IN AT LEAST THESE AMOUNTS.**

(Use More if You Can)

MILK—Adults, $\frac{1}{2}$ pint. Children, more than 1 pint. And some cheese, as available.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

VEGETABLES—(In addition to potatoes of which you need one serving daily)—Two servings daily of vegetables, preferably leafy, green or yellow, and frequently raw.

CEREALS and BREAD—One serving of a whole-grain cereal and 4 to 6 slices of Canada Approved Bread, brown or white.

MEAT, FISH, etc.—One serving a day of meat, fish, or meat substitutes. Liver, kidney or heart once a week.

EGGS—At least 3 or 4 eggs weekly.

Eat these foods first, then add these and other foods you wish.

Some source of vitamin D, such as fish liver oils, is essential for children and may be advisable for adults.

IMPORTANT FOOD GROUPS

- (1) Milk and milk products.
- (2) Whole grain, cereals and breads, also Canada Approved breads.
- (3) Vegetables.
- (4) Meat (especially liver, kidney and heart), fish and eggs.
- (5) Tomatoes, citrus fruits and potatoes.
- (6) Fats, sugars and adjuncts.



By kind permission of Her Royal Highness,
Princess Alice.

WAR PUDDING

Potato and Treacle

- | | |
|--------------------------------|----------------------|
| ½ lb. mashed potatoes | ¼ lb. flour |
| 3 oz. suet | 2 oz. coarse oatmeal |
| 3 tbsp. warmed treacle (black) | A little milk |
| ½ tsp. carbonate-soda | |

Mix together flour, oatmeal, suet, and soda. Mix in the mashed potatoes, treacle, and milk. Put into a greased basin, cover with greased paper, and steam.

It may be steamed or baked. If the former, it requires three hours' cooking. If baked, 1½ hours. In the latter case, the mixture must be made softer by adding a teacupful of milk to the ingredients.

HOT golden syrup or maple syrup to be served with the above.

N. B. The pudding is better steamed.

CUP EQUIVALENTS:

- | | |
|-----------------------|-----------|
| ½ lb. mashed potatoes | — 1¼ cups |
| ¼ lb. flour | — ⅞ cup |
| 3 oz. suet | — ½ cup |
| 2 oz. oatmeal | — 2/3 cup |

COOK TO WIN

Phone--R 2445

811 FIRST STREET WEST

The Peter & Wendy Shop

Children's Wear, Lingerie and Hosiery

Your **CHEVROLET DEALER !**

**Plays His Most Serviceable Role when you
call on him to PREVENT WEAR**

**A MODERN
GARAGE**

**MODERN
EQUIPMENT**

**SKILLED
WORKMEN**

General Supplies Limited
CHEVROLET and OLDSMOBILE

Compliments of the

ALBERTA-NATIONAL DRUG
Co. Ltd.

GOOD HEALTH and YOUR DIET

★ ★ ★

We Canadians are only beginning to appreciate the fact that good health depends largely on eating the right foods. The Canadian dietary surveys made in 1939-40 show that, roughly speaking, forty per cent of the people studied were adequately nourished, forty per cent were in a border-line state, and twenty per cent were seriously under-nourished.

It is obvious that we must all pay more attention to what we eat and make sure that our daily meals include all the foods which are necessary to keep us well and fit.

Canada's official food rules should be followed every day. They are listed on page 9 on the Score Card. It is very wise to score your own and your families' meals frequently to make sure you are well nourished.

Proper methods of preparing and cooking foods are also very important. For instance, vegetables should be cooked in the minimum amount of water and for as short a time as possible. Many vegetables such as carrots, beets, turnips, parsnips, and cabbage are much tastier and far more nutritious if grated and baked in a covered dish. Potatoes that are baked or boiled in their skins retain all their Vitamin C. But if they are peeled and boiled, then mashed, they lose nearly all of that Vitamin.

It is important to remember that most vegetables lose from one-half to three-quarters of their Vitamin C after being stored for four to six months. Therefore, during the months of February, March and April these stored vegetables are not a dependable source of this Vitamin, and we must rely on fresh vegetables or tomatoes and citrus fruits for our Vitamin C.

The dietary surveys also showed that over half of the people studied did not receive enough Vitamin B1, or thiamin. This Vitamin keeps our nerves healthy, our appetites good, our muscular tone good, and is necessary for the efficient assimilation of carbohydrate foods in the body. Whole grain cereals and whole wheat bread are the best sources of this Vitamin. Ordinary white flour has very little. But Canada-approved flour retains eighty per cent of the Vitamin B1 content of the whole grain. **It is very important, therefore, to eat whole wheat bread or Canada-approved bread.**

The people living on the Prairies should all use iodized salt, otherwise our diets will lack iodine which is necessary to prevent goitre.

MRS. KENNETH SEABORNE, B.Sc. (H.E.)

Nutritionist, Calgary Branch,
Canadian Red Cross.

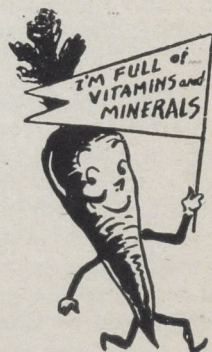


You Buy **VITAMINS** But Do You Include Them In Your Meals

Try These Practical Vitamin-Saving Tips

1. Use very little water in cooking.
2. Cook vegetables for the shortest possible time.
3. Cover utensils to keep air out (except in case of strongly flavored vegetables).
4. Avoid unnecessary stirring of vegetables.
5. Don't put in baking soda to brighten food colors.
6. Start vegetables in boiling water.
7. Don't throw away vegetable liquids—use them in soups or cream sauces.
8. Keep foods as fresh as possible—use automatic gas refrigeration.
9. Serve plenty of green vegetables.
10. Serve foods soon after cooking.
11. Broiling is preferable to frying to retain vitamins.
12. Low temperature roasting saves vitamins and minerals.

Buying foods that contain necessary vitamins is not enough. You must cook them so that the vitamins are retained. It's easy with a modern Gas range.



For the solution to any cooking problem just telephone . .

HOME SERVICE DEPT. - R 2091
YOUR GAS COMPANY



WHERE TO FIND YOUR VITAMINS

VITAMIN A

Apricots	Carrots	Parsley	Spinach
Beans (green)	Cheese	Peaches	Squash
Beet Greens	Egg Yolks	Peas (green)	Sweet Potatoes
Broccoli	Lettuce	Prunes	Swiss Chard
Butter	Liver	Pumpkin	Tomatoes

VITAMIN B-1

Beans (lima or kidney)	Heart	Peas
Bread (whole grain or enriched)	Lamb Kidney	Pork
Brussel Sprouts	Lentils (dried)	Rice
Buckwheat Flour	Liver	Soy Beans
Cauliflower	Mutton (lean)	Wheat Bran
Chicken	Oats	Wheat Germ
Egg Yolks	Peanuts	Yeast

VITAMIN B-2 (Riboflavin) and Niacin

Cheese	Beet Greens	Kidney
Beans (lima)	Eggs	Liver
	Heart, beef	

VITAMIN C

Asparagus	Peas, green	Turnip Greens	Liver, beef
Beet Greens	Peppers	Wheat Germ	Orange
Broccoli	Radishes	Chicken	Strawberries
Brussel Sprouts	Soy Beans	Pork (lean)	Swiss Chard
Cabbage	Spinach	Dandelion Greens	Tomatoes
Cantaloupe	Milk	Grapefruit	Turnips
Cauliflower	Peanuts	Huckleberries	
Currants (fresh)		Lemons	

VITAMIN D

Butter	Fish Liver Oils	Milk
Cream	Liver	Red Salmon
Egg Yolk		Sardines

CALCIUM

Boston Brown Bread	Cream	Milk
Broccoli	Dandelion Greens	Molasses
Cabbage	Egg Yolks	Swiss Chard
Cheese	Figs	Turnip Greens
Clams	Maple Syrup	

IRON

Apricots (dry)	Dandelion Greens	Whole Wheat	Molasses
Bacon	Dates	Egg Yolks	Soy Beans
Beet Greens	Oysters	Kidneys	Swiss Chard
Clams	Poultry	Lima Beans	Turnip Greens
	Raisins		

PROTEIN

Breadstuffs	Fish	Milk	Shellfish
Cheese	Legumes	Nuts	
Eggs	Meat	Poultry	

COOK TO WIN

To HELP WIN THE WAR *and*
Also Provide for Future Income

See *Beatrice Pegler*

Pension Plans - Educational Plans

Canada Life Assur. Co. - *Women's Dept.*

Business Phone--R 1204

Res. Phone--H 1992

SHOP AT
YOUR NEIGHBORHOOD
Jenkins' Store

FOR
QUALITY and SERVICE



WHOLLY CANADIAN OWNED

PREScription SPECIALISTS
Trusses, Abdominal Belts, Elastic Hosiery
A Graduate Nurse on duty all day.



FARROW'S DRUG STORES
CALGARY and ROYALTIES

Meat Stretchers . .



"Hunger is the best seasoning for meats"—Cicero.



❖—————❖ **Serve Stew To Your Company** —————❖

Courtesy Mrs. Nellie L. McClung

If you want to raise the Social Standing of Stew, and bring it in one sweep from the wrong to the "right side of the tracks," put dumplings on it. While it is bubbling on the stove, about 15 minutes before the time of serving, make your dumplings by mixing the following ingredients, in the order given:

2 cups flour	4 tsp. baking powder
4 tbsps. shortening	1 tsp. salt
2/3 cup milk	

Mix well and drop from a spoon into the beef or lamb stew. Cover the kettle tightly, and steam for 12 minutes. Be sure it boils all the time. Then arrange the stew on a platter with the dumplings around the edge. It looks well, and tastes even better, if your stew has been well seasoned.

❖—————❖ **Baked Rice and Cheese** —————❖

Courtesy Mrs. Andrew Davison

2 eggs	½ cup corn flakes
1½ cups shredded Canadian cheese	3 cups cooked rice
½ tsp. salt	Pepper
1 tsp. Worcestershire sauce (optional)	1 tsp. melted butter

Beat eggs; combine with cooked rice, cheese and seasonings. Mix well and turn into a greased baking dish. Crush corn flakes into crumbs; mix with melted butter and sprinkle over rice mixture. Bake in a moderate oven (350 deg. F.) about 30 minutes. Serve with a tomato sauce if desired. Serves 6.

Surprise Patties

Mix the flour, pinch of salt and baking powder with sufficient milk to make a thin batter. Add minced meat to batter and drop by large spoonfuls into hot fat in frying pan. Cook just long enough to brown. Serve with hot vegetables.

1 lb. cold meat	Salt and pepper to taste
1 large onion	2 tbsp. flour
1 tsp. mustard	1 tbsp. baking powder

Individual Barbecued Meat Loaves

Instead of one big meat loaf, cut baking time in half by making three individual barbecued loaves. One pound of ground meat makes four of them. No egg is required to hold them together. Left over cooked meat may be used.

$\frac{3}{4}$ lb. ground beef	$\frac{1}{4}$ cup dry bread crumbs
$\frac{1}{4}$ lb. ground lean pork or veal	$\frac{1}{4}$ cup evaporated milk
1 tbsp. chopped onion	1 tsp. salt

Mix bread crumbs, milk and salt, add meats and onion and blend well. Shape into four individual oblong meat loaves and place in shallow oiled pan and cover with barbecue sauce. Bake for 45 minutes at 350 degrees F., basting once or twice.

Barbecue Sauce

$\frac{1}{3}$ cup catsup	$\frac{1}{4}$ tsp. chili powder
1 tbsp. vinegar	1 tbsp. chopped onion
$\frac{1}{2}$ tsp. Worcestershire sauce	

Mix ingredients thoroughly and pour over the meat loaves. When meat about cooked put peas around meat in time to heat thoroughly.

Meat Loaf

1 lb. ground steak	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ lb. sausage meat	1 cup cracker crumbs
1 medium onion (chopped)	Salt and pepper
1 egg	

Mix altogether and divide in two portions. Put your favorite dressing in centre and bake in oven for one hour at 350 degrees F.

Economy Meat Dish

1 large onion	1 lb. ground raw beef
---------------	-----------------------

Chop onion, fry in dripping for few minutes, add ground beef, stir frequently. Drain off excess fat. Sprinkle with flour (about 1 tbsp.) Stir and add enough water for gravy. Chili powder may be added to taste. Salt and pepper and dash of nutmeg. Variations are easy with this base. Tomato soup or vegetables may be added. Beans are excellent. Ample for four people.

CRAIG'S GROCERY

509--16th AVENUE N.W.

Phone--H 1816

Phone Today - Get Today

Breast of Lamb

Breast of lamb, cut into small pieces, sear well in frying pan, place in shallow roasting pan, almost cover with boiling water. Cover pan and cook well on open jet. When tender roast in hot oven (uncovered) for 30-45 minutes. Serve with mint sauce.

Scalloped Hamburg

- | | |
|---------------------------|--------------------------|
| 1 lb. minced beef | 1 egg |
| 1 tsp. salt | 6 medium sized potatoes |
| $\frac{1}{2}$ tsp. pepper | 2 onions, sliced |
| 1 tsp. poultry dressing | $1\frac{1}{2}$ cups milk |
| 1 cup fine dry crumbs | |

Combine minced beef with salt, pepper and poultry dressing. Add dry bread crumbs and slightly beaten egg. Spread in greased baking dish, cover with sliced onions, then with thinly sliced potatoes. Sprinkle with salt and pepper. Pour in milk to almost cover. Bake at 325 degrees covered for one hour, uncover and bake till browned.

Swedish Meat Balls

- | | |
|---|-------------------------------------|
| $\frac{1}{2}$ lb. chopped steak | $\frac{1}{2}$ cup soft bread crumbs |
| $\frac{1}{4}$ lb. chopped shoulder of veal | 4 tbsps. butter or shortening |
| $\frac{1}{2}$ lb. chopped shoulder of pork or
sausage meat | 2 tbsps. chopped onion |
| 2 eggs | 1 tsp. salt |
| $\frac{2}{3}$ cup of milk | $\frac{1}{8}$ tsp. pepper |
| | Flour for rolling |

Put the meat through the chopper three times. Beat the eggs with the milk until foamy. Add the bread crumbs and let soak. Heat 2 tbsps. of shortening in heavy frying pan, cook the onions till tender and light brown. Mix the meat with the bread crumb mixture, add the onion and seasonings. Shape into small balls, roll in flour; fry in remaining shortening until brown. Lift out meat and make a gravy not too thick, replace meat balls and bake in a 300-degree oven for 1 hour. A nice change is to add $\frac{1}{4}$ tsp. ginger and $\frac{1}{4}$ tsp. mace to seasoning after browning meat balls and pour over 1 cup of canned tomatoes to which has been added 1 tsp. sugar.

Devil Meat Pattie

- | | |
|----------------------|----------------------------------|
| 1 egg | $\frac{1}{2}$ tsp. Tabasco sauce |
| 2 tbsps. lemon juice | $\frac{1}{2}$ cup grated cheese |
| 1 tsp. celery salt | 2 cups ground cooked meat |
| 1 tsp. dry mustard | 2 hamburger buns |

Beat egg, add lemon juice, celery salt, mustard, tabasco sauce, cheese and meat. Mix well. Shape into 4 patties. Split buns, place one pattie on each half, place in broiler pan with top of meat three inches from tip of flame. Broil 8 to 10 minutes. Serves four.

Veal Birds

- | | |
|-------------------------------------|--------------------------------|
| 1 cup soft bread crumbs | 2 tbsps. melted fat |
| $\frac{1}{4}$ tsp. sage | 2 lbs. veal steak, sliced thin |
| $\frac{1}{2}$ tbsps. minced parsley | 1 tbsps. fat |
| $\frac{1}{4}$ tsp. salt | 1 cup milk |
| $\frac{1}{6}$ tsp. pepper | 1 tbsps. chopped onion |

Combine bread crumbs with seasonings. Blend with melted fat and enough stock, milk or water that stuffing will pack easily. Cut steak into individual servings and place stuffing on each. Roll and secure with toothpicks. Sprinkle with flour and brown in the 1 tbsps. fat in hot pan. Place in covered baking dish, with milk, and halved potatoes around edge. Bake 375 degrees F. for $1\frac{1}{2}$ hours, or 300 degrees for 3 hours. Uncover last half hour to brown. Serves six.

"The Bay"!

WHERE CALGARY
SHOPS FOR - - -

Good Foods

at Popular Prices

ASK FOR

Fort Garry

TEA and COFFEE

— *MAKING FRIENDS
EVERYWHERE*

Hudson's Bay Company.

INCORPORATED 2ND MAY 1670.

Mock Duck

2 lbs. round steak

Pound the steak well. Make dressing of bread crumbs, 1 tbsp. fat, chopped onion, salt, pepper and sage to taste. Spread dressing on steak, roll and bind well with string. Place in pan with 1 cup warm water, bake until tender.

Victory Roast (Serves 6)

2 lbs. chuck rib of beef
1 can peas
1 large onion, cut fine
2 carrots, cut in cubes

1 tsp. salt
Dash of pepper
1 tbsp. flour
2 cups macaroni, partly cooked

Sear meat in skillet and put in centre of casserole with other ingredients surrounding it. Add enough water to nearly cover it and bake slowly for 3 hours. Add 6 peeled potatoes and cook for the last hour. Add peas the last 20 minutes.

Pork Hocks

Cover with water, add salt and cook at simmering temperature $1\frac{1}{2}$ or 2 hours. Add potatoes about 45 minutes before hocks are done, and cabbage wedges about 15 minutes before meat is done.

Pot Luck Meat Pie

2 onions, sliced and slightly
browned in
2 tbsps. butter
2 cups cooked leftover vegetables
(carrots, peas, beans, corn)
2 cups leftover meat, cubed

3 tbsps. Butter
3 tbsps. flour
1 cup milk
1 cup vegetable juice or water
Salt and pepper

Pan fry onions in dripping until tender. Add to vegetables and meat. Melt 3 tbsps. dripping, add flour, mix well. Add milk and vegetable water. Cook till smooth. Add seasoning, meat and vegetables. Simmer 10 minutes. Turn into casserole and top with baking powder biscuit. Bake 375 degrees F. 30 to 40 minutes.

Hampshire Pie

2 cups finely chopped cooked beef
2 cups cooked peas
 $1\frac{1}{4}$ cups brown gravy
2 tsp. Worcestershire sauce

1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
1 cup of biscuit dough

Mix beef and peas. Heat gravy, add Worcestershire sauce, salt and pepper. Pour into casserole. Top with small rounds of baking powder biscuit dough. Bake in hot oven 425 degrees F. 25 minutes. Serves four.

Lamb Meat Pie

2 cups cooked lamb, diced
1 cup potatoes
1 onion, chopped fine
 $1\frac{1}{3}$ cups green peas
 $\frac{2}{3}$ cup celery, chopped fine

$\frac{2}{3}$ cup tomatoes, drained
 $\frac{1}{2}$ tsp. sugar
 $1\frac{1}{2}$ tsp. salt
2 cups meat stock
 $\frac{1}{3}$ cup green peppers

Boil ingredients together for 10 to 15 minutes, until vegetables are nearly done. Transfer to baking dish. Prepare biscuit dough, cut as for biscuits and place on top of pie. Bake in hot oven 400 degrees F. or about 20 minutes.

Meat shrinks less when cooked at low temperature.

Ox-Tail Stew

- | | |
|---------------------------------------|---------------------------------|
| ¼ lb. suet | ⅛ tsp. each thyme and marjoram |
| 1 ox-tail | 1 tsp. salt |
| 2 large onions | ½ tsp. pepper |
| Outside stalks of one bunch of celery | 1 cup hot water |
| 2 carrots, diced | 1 cup cooked tomatoes or canned |
| 2 tbsps. flour | 3 whole cloves |
| ¼ tsp. cinnamon | 1 bay leaf |

Brown ox-tail in fried out beef suet. Add onions thinly sliced, chopped celery, diced carrots; let brown slightly. Sift flour and seasonings and blend mixture into fat (save 3 tbsps. fat for Yorkshire pudding). Add hot water and tomatoes, cloves and bay leaf. Put all ingredients into a casserole, with ox-tail, cook slowly covered for 2½ hours at 325 degrees F. Add more water if necessary. The meat should fall away from the bones. Take out bay leaf and cloves. Yorkshire pudding is a good accompaniment. See page 18 and 50.

Bake apples for dessert while casserole is cooking, and a custard for tomorrow's dessert. A salad of cabbage and orange is a good accompaniment.

Liver a la King

- | | |
|------------------------------------|--------------------------------|
| 4 tbsps. butter or dripping | 2 cups milk |
| 1 tbsp. chopped onion | Salt, pepper, paprika |
| 1 or 2 tbsps. chopped green pepper | ½ tbsp. lemon juice (optional) |
| 4 tbsps. flour | 2 cups diced cooked liver |

Melt butter, add onion and pepper chopped. Cook until tender. Add flour and blend. Stir in milk and cook until thick. Add lemon juice and diced liver. Cook until liver is thoroughly reheated.

Liver Casserole

- | | |
|-------------------------|----------------------|
| 1 lb. beef liver | 1 cup cubed carrots |
| ¼ cup fat | 1 cup cubed potatoes |
| 1 cup stewed tomatoes | ½ cup water |
| 6 small onions, chopped | |

Cut liver in pieces and brown in the hot fat. Remove. Brown onions, carrots and potatoes. Place all in greased casserole. Pour the water and tomatoes over this. Cover and bake 350 degrees F. for 1 hour. Serves six. Serve with a green salad.

Kidneys en Casserole

Remove skin from desired number of kidneys; split, remove fat, veins and cords and soak in cold water three or four hours, changing the water several times. Parboil for ten minutes and place in casserole with sliced carrots, cubed potatoes, minced onion and canned tomatoes. Season and cook in moderate oven for 2½ hours. For variation add tenderloin to above recipe. Improves flavor.

Calf's Heart and Onions

Wash the heart and cut away all large veins and arteries. Fill the cavity with stuffing made with the following ingredients:

- | | |
|-------------------------|-------------------------------------|
| 1 cup soft bread crumbs | Dash of pepper |
| ½ tsp. salt | 2 tbsps. butter or other shortening |
| ½ tsp. sage | |

Mix bread and seasoning, add melted butter. Sew the heart and dredge with 2 tbsps. flour. Sear in bacon dripping. Put 2 cups of tomatoes in pan and heat until boiling point is reached then add the heart and place around it 6 onions. Cover and bake for 3 hours. For variation stuff the heart with 2 cups cooked rice using the same seasonings.

In serving such protein foods as Hearts, Kidney and Liver, a quarter of a pound is a generous allowance for each person.

Tongue

- | | |
|-----------------------------|---|
| 1 fresh beef tongue | $\frac{3}{4}$ cup brown sugar or |
| 1 bay leaf | $\frac{1}{2}$ cup of honey |
| 12 whole cloves | $1\frac{1}{2}$ cups canned (sour) cherries or |
| 4 tsp. shortening | cranberry sauce |
| 1 tsp. salt | 1 cup broth |
| $\frac{1}{2}$ lemon, sliced | 1 tbsp. cornstarch |

Wash tongue, simmer in salted water with bay leaf and cloves until tender, about 3 to $3\frac{1}{2}$ hours. Trim root end and remove all skin; place tongue in pan, add shortening, salt, honey, cherries, sliced lemon and 1 cup of broth, in which tongue was cooked. Cover closely, simmer on top of stove until thoroughly heated. Thicken sauce with 1 tbsp. cornstarch. Serve with pan brown potatoes, green peas, raw carrot and celery salad, floating island. To serve cold, place tongue in dish, pour over 2 cups well seasoned broth (from boiled tongue) in which has been dissolved 1 tbsp. gelatine.

Pickled Tongue

Buy pickled tongue. Cover with water and simmer 3 hours. Season with 1 tsp. salt, 1 bay leaf, 1 stalk celery. When cooked, skin and trim. Serve cold.

Jellied Veal Loaf

Take 1 veal shank and cover with cold water and boil slowly for 3 hours with 2 sticks of celery, 2 tbsps. chopped onion, bay leaf, salt and pepper. Skim and add one pork tenderloin and continue to boil for 1 hour longer. Remove the bones, bay leaf and celery, cut meat into small pieces. Add 1 tbsp. of gelatine to the liquid, combine meat and liquid and put into refrigerator dishes to set. Thoroughly chill. When set serve with scalloped potatoes, salad, or use in sandwiches.

Jellied Ham

- | | |
|-----------------------------|-----------------------------|
| 1 envelope gelatine | 2 tbsps. chopped onion |
| $1\frac{1}{2}$ cups stock | Little pickle, chopped fine |
| $\frac{1}{2}$ cup hot water | Salt and pepper |
| 2 cups cooked ham, chopped | |

Dissolve gelatine in water, add stock (if no stock add bouillon cube to same amount of water), season to taste. Mix the ham, pickle together, add to jelly mixture when thickening. Serve with hard-boiled eggs on cups of lettuce leaves.

Lamb in Mint Jelly

- | | |
|------------------------------|------------------------------------|
| 1 tbsp. gelatine | $\frac{1}{4}$ tsp. paprika |
| $1\frac{1}{2}$ cups of water | Green coloring |
| 1 cup finely chopped mint | 2 cups cold diced lamb |
| 2 tbsps. sugar | 3 tbsps. chopped capers (optional) |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ cup chopped celery |
| $\frac{1}{4}$ cup vinegar | |

Soak gelatine in $\frac{1}{4}$ cup water, add the remainder of water to chopped mint, sugar and salt. Heat to boiling point. Add the soaked gelatine, stir until dissolved, cool and strain. Add the vinegar, paprika and green coloring. When the mixture begins to set, add the lamb, chopped capers and chopped celery. Turn into cold, wet individual moulds or one large mould and chill until firm. Serves eight.

**War Savings Stamps can quickly grow into War Savings Certificates.
Buy them Regularly!**

Yorkshire Pudding

1 egg well beaten into
 $\frac{1}{2}$ pint of milk
Add 1 cup flour

3 tsps. baking powder
Pinch of salt

Pour $\frac{1}{2}$ -inch of hot dripping into hot muffin tins, add batter and bake in hot oven 20 minutes at 450 deg. F.

Dumplings

1 cup flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

1 egg
 $\frac{1}{4}$ cup milk

Have stew or pot pie boiling rapidly. Divide batter in about six spoonfuls. Cover tightly. Do not lift cover for 25 minutes.

Curry Sauce

4 medium onions

2 apples

Slice and fry the onions in dripping until brown, add the apples and cook until tender.

1 tbsp. curry powder

1 tsp. salt

2 tbsps. flour

1 tsp. sugar

1 tbsp. vinegar

Pepper

When the apples are cooked and the dry ingredients, add to vinegar and stir until thickened. Then add 1 quart of gravy or soup stock or 2 oxo cubes dissolved in a quart of water. Boil a few minutes. This may be strained if desired, then bottled, and it will keep well in the refrigerator. Excellent with leftover meats, fish and vegetables.

Phone--M 7773

117 EIGHTH AVENUE WEST

Crystal
China
Glass

Prudden's

Dinnerware
Pottery
Novelty Goods

LIMITED

Calgary's Only Exclusive China Store

is a suitable Shopping Centre for DINNERWARE, FANCY CHINA,
POTTERY, CRYSTAL, CUT GLASS and NOVELTY GOODS.

MEYERS STUDIOS

(COAST-TO-COAST)

Largest Photographic Organization in the British Empire

PORTRAITS OF DISTINCTION

FILM FINISHING and ENLARGING

CALGARY STUDIO - 313--8th Avenue West - Phone--R 2726

MEDICINE HAT STUDIO: 3rd Avenue

COOK TO WIN



COOK TO WIN

The Garage of Personal Service

FOSTER'S

Bus. Phone--M 1414

611--9th ST. W.

Res.--W 1240

M E M O

Permanent Waving - Hair Styling
Barbering

ELBOW BEAUTY PARLOR

Phone--M 3157

2512 FOURTH STREET WEST

Luncheon and Supper Dishes



"It is not the quantity of meat, but the cheerfulness of the guests which makes the feast."—Lord Clarendon.

MEATS

Baked Meat Loaf

Courtesy Mrs. John Bracken

1½ lbs. beef, ground
½ cup milk
¼ tsp. pepper
1 cup soft bread crumbs
½ tsp. sage

4 tbsps. melted fat
1 egg, well beaten
1½ tsps. salt.
1 tbsp. Worcestershire sauce
1 tbsp. grated onion

Combine meat, egg, milk and half the salt and pepper and sauce. Line bottom and sides of loaf pan with this mixture. Keep enough for top of loaf. Make stuffing with bread crumbs, salt, pepper, sage, onion and fat. Fill centre of pan with this mixture. Cover top with remainder of meat mixture. Bake in quick oven (400 deg. F.) for 45 minutes. Serve with tomato or mushroom sauce.

Tenderloin Casserole

In a well-greased casserole place 3 medium potatoes, thinly sliced, sprinkle with salt and pepper. nearly cover with milk. Over this place a dressing of—

1 cup moistened bread crumbs
1 small chopped onion
¼ tsp. sage

2 tsps. shortening
Pepper and salt to taste

On top of this place Frenched Tenderloin. Cover and bake until tenderloin is a rich brown. About 1½ hours at 350 deg.

Baked Tenderloin

Dip Frenched Tenderloin in egg and bread crumbs, brown in frying pan. Put in casserole or dutch oven. Pour one can mushroom soup over it with 2 cups of cold water. Bake in oven 3 hours. Serve at once.

N.B.—Substitute for mushroom soup: To 1 cup soup stock add 1 bay leaf, 2 slices onion; boil 5 minutes, strain, add ½ cup milk and make as cream sauce with 4 tbsps. fat and 4 tbsps. flour.

Pork Tenderloin Casserole

1½ lbs. pork tenderloin
1 cup peas
½ cup chopped onion

½ cup green pepper (chopped)
1 can tomato or vegetable soup
1 cup chopped celery

Brown meat in pan. Remove and brown onions in same fat. Place meat and vegetables in alternate layers in casserole. Pour soup over and bake in moderate oven about one hour.

Ham Loaf

1 lb. cured ham
1 lb. lean pork
Put through chopper and add:
1 onion

Salt and pepper
¼ tsp. (scant) mustard
2 cups milk
½ cup quick tapioca

Bake 1½ hours in moderate oven in a greased pan. Slices beautifully when cold.

Beef and Macaroni

¼ cup dripping or shortening
½ lb. stewing beef (minced)
½ can tomatoes

½ chopped onion
¾ cup macaroni
Bread crumbs

Cook the macaroni for 25-30 minutes, drain and rinse in cold water. Put fat in frying pan, when hot add minced beef and onions. Put in a baking dish, add other ingredients. Sprinkle crumbs on top and bake in moderate oven 20-30 minutes.

Porcupines

1 lb. ground round steak
½ cup uncooked rice
1 tsp. minced onion

½ tsp. salt
2 cups tomato soup or solid pack tomatoes

Mix uncooked rice, meat and seasonings together. Form into small balls. Place in deep baking dish and cover with the seasoned tomato (a bay leaf, a small amount of onion, salt and pepper may be needed to season the tomato). Bake at 350 F. for about one hour.

Beef Roll

2 cups cold roast beef, minced
1 cup roast beef gravy

2 tbsp. each of onion and green pepper, chopped

Make baking powder biscuit dough, add 2 tbsp. chopped parsley to it and use tomato juice as your liquid. Roll into sheet ⅓" thick, spread with the above ingredients and roll as a jelly roll, and bake at 350 degrees. Slice in thick slices and serve with tomato sauce or beef gravy.

Chili Con Carne

1 lb. ground beef
1 chopped onion
Fry in little dripping then add:
1 small tin tomato soup

1 small tin kidney beans (or 2 cups cooked kidney beans)
1 tsp. salt
¾ tsp. chili powder

Cook slowly in frying pan for half an hour.

**Saving bones is a terrible chore,
But better than the War at your door.**

Yorkshire Steak

1 lb. minced beef
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ tsp. salt
 1 egg

1 cup milk
 $\frac{7}{8}$ cup all purpose flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt

In a greased 8" pan spread minced beef. Cover with chopped onion. Sprinkle with salt and any seasonings you prefer. Heat in oven at 450 deg. Beat egg and add milk. Measure sifted flour and sift with baking powder and salt. Sift over egg mixture and beat with egg beater for one minute. Pour this thin batter over hot steak and return to hot oven about 30 minutes. Cut in squares and serve at once.

Spanish Rice

$\frac{1}{2}$ cup rice (uncooked)
 1 small onion
 1 can tomato soup

1 lb. minced steak or hamburger
 Salt and pepper to taste

Cook rice in boiling water until soft; drain and add other ingredients. Bake in casserole at 375 deg. for $\frac{3}{4}$ to 1 hour. (Minced cold roast beef may be substituted for minced steak, and roast beef gravy for the tomato soup).

Victory Meat Loaf

1 lb. minced steak
 1 lb. minced pork or sausage meat
 1 onion
 Pepper and salt

1 egg
 1 heaping cup rolled oats
 1 cup tomato juice or canned tomatoes

Mix above ingredients and place in greased pan. Bake about $1\frac{1}{2}$ hours in moderate oven. Good either hot or cold.

Ham Timbales

2 cups cooked ham, chopped
 $\frac{1}{2}$ cup soft bread crumbs
 $\frac{3}{4}$ cup milk
 2 tbsp. butter

2 tbsp. chopped parsley
 1 tbsp. minced onion
 4 eggs, slightly beaten

Mix well and bake in custard cups for 30 mins. at 370 F. This can be made into a loaf and served with mushroom sauce.

Mushroom Sauce

4 tbsp. fat, melted and browned
 4 tbsp. flour
 2 cups stock or mushroom liquor

1 cup mushrooms (fresh or canned)
 Salt and pepper

If fresh mushrooms are used, remove stems and peel. Melt fat and fry mushrooms until brown on both sides. Add flour, blend well and add gradually 2 cups stock or milk. Stir over slow fire for one or two minutes.

Chop Suey (American Style)

$\frac{1}{2}$ lb. round steak (minced) or
 mixture of beef and pork
 $\frac{1}{4}$ to $\frac{1}{2}$ pkg. spaghetti, as liked

1 onion, chopped fine
 1 can tomato soup
 Salt and pepper to taste

(If all beef is used add a small piece of butter)

Cook spaghetti in boiling salted water in top of double boiler. When almost cooked add onion. When spaghetti is soft drain most of the water off (leave some in though). Then add can of soup and mix well. Add the meat which has been made into small balls and seasoned. Cook slowly 2 or 3 hours. Curry powder may be added if liked.

SAUSAGES

Scalloped Corn and Sausages

One cup cracker crumbs (not fine). Cook $\frac{1}{2}$ lb. pork sausage (or sausage meat) in pan until brown. Remove sausage and break them up with fork. Into the sausage dripping toss the cracker crumbs and then sprinkle some in greased casserole. Mix one can corn with half cup milk. Cover crumbs with layer of corn. Sprinkle with salt and pepper and put part of sausages on corn, more crumbs and then the corn and sausages. Top with crumbs. Bake 30 to 45 minutes in moderate oven. Serve with baked potatoes, vegetable salad and baked apples.

Rice and Sausage

$\frac{1}{2}$ cup rice (uncooked)
 $\frac{1}{2}$ lb. sausages

1 can tomato soup
 1 tsp. mustard

Boil rice until tender and then strain. Put in casserole, cover with soup and place sausages on top. Sprinkle with mustard. Bake 30 minutes.

Savoury Sausage and Lima Beans

1 cup dry lima beans
 Cold water
 1 onion, chopped
 2 cups canned tomato soup

$\frac{1}{2}$ lb. raw sausage, broken up
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper

Wash and drain beans and soak over night in cold water. In the morning put in casserole or bean pot and add hot water to cover. Add the broken sausage meat, tomato soup, onion and seasoning. Cover and bake in a slow oven for 4 to 6 hours, or until beans are tender. Uncover during the last hour of baking. Serves six.

Spicy Frankfurters

1 lb. frankfurters
 2 tbsp. flour
 3 tbsp. water
 1 cup water

$\frac{3}{4}$ cup catsup
 3 tbsp. vinegar
 1 tbsp. granulated sugar
 1 tsp. prepared mustard

Cut frankfurters in half, lengthwise. Place in a deep covered skillet. Combine the flour with the 3 tbsp. water; add remaining ingredients and pour this sauce over the frankfurters. Cover and bring to the boiling point, then turn heat very low and simmer for 20 minutes. Serve with the sauce over them. Delicious with mashed potatoes.

Macaroni, Cheese and Weiner Casserole

Cook macaroni in salted water until tender. Drain. Cut six weiners in half-inch pieces diagonally. Saute in a little bacon fat, or other mild dripping. Prepare white sauce using 3 tbsp. of bacon fat or strained beef dripping, 3 tbsp. flour, salt and pepper to taste, $1\frac{1}{2}$ cups milk, heated. Melt fat, add flour mixed with seasoning, stir until blended. Add milk gradually while stirring constantly. Bring to boil. Add one cup grated cheese to sauce and blend. Mix cheese sauce with macaroni. Put half of the macaroni mixture in bottom of casserole and arrange half of the weiners over the top. Grate a little onion over this and sprinkle with chopped parsley. Repeat. Push the top weiners down into mixture slightly so that they will not become too dry. Bake in a moderate oven 350 degrees F. until bubbly and brown (about 30 mins.). Serves six

N.B.—To prevent left over macaroni from becoming too set, stir in small amount butter or shortening while warm.

CHICKEN

Chicken Casserole with Biscuit Rolls

1½ cups flour
3 tsp. baking powder
½ tsp. salt

½ cup milk (enough to make soft dough)

Mix all together and roll out ½" thick. Spread with soft butter or shortening. Roll like jelly roll and cut in 1" slices. Skin chicken and cut in pieces. Dip in egg and flour and fry. Place in casserole and make gravy in the pan that chicken was fried in. Put 2 tbsp. flour in fat and brown, then add 2 cups cold water, stir till smooth and let come to boil; add salt to taste and pour over chicken. Cook for one hour; 20 minutes before serving place rolls on top. (Be sure there is lots of gravy in casserole). Bake until rolls are light brown. (Any kind of meat may be substituted).

Chicken Souffle

2 tbsp. flour
2 tbsp. shortening
1 cup milk
1 cup chicken stock
½ cup bread crumbs

3 eggs
½ tsp. salt
¼ tsp. paprika and celery salt
2 cups minced chicken

Mix shortening and flour together, gradually add milk and stock, stirring constantly. Add crumbs, seasoning and chicken. Pour in well beaten egg yolks. Fold in beaten egg whites. Bake at 350 deg. for about 20 minutes. Serve immediately.

CORN

Scrambled Bacon with Corn

Cut ½ lb. bacon in small pieces and fry. Add 16-oz. can of corn. Stir until hot, then add 4 eggs and stir rapidly. Add ¼ cup milk, 1 tsp. salt and ¼ tsp. pepper. Cook until a bit solid and serve on toast.

Corn Cakes

1 can (creamed style) corn
1 cup flour
2 tbsp. butter or ½ butter and
½ shortening
3 tbsp. milk

½ tsp. baking powder
1 egg
1 tsp. salt
¼ tsp. pepper

Mix well together and fry in hot fat in small cakes till golden brown on both sides.

Corn Pudding

2 cups canned corn
2 tsp. flour
1 tsp. butter
1 cup fresh milk

1½ tsp. salt
2 eggs
Pinch of pepper
2 tsp. minced onion

Melt butter, add flour and milk and seasonings. Blend into a sauce. Add beaten eggs to corn and onion; add the above to the white sauce and place in a buttered casserole. A few strips of bacon may be placed on top for the last 10 minutes of baking. Bake at 350 deg. for 30 minutes.

COOK TO WIN

ROSEBUD PANCAKE FLOUR

The fact that this flour is made of whole wheat bran, germ, vitamins and minerals — less part of the starch, is self-evident proof of its food value. Other facts which recommend it are "Ready to Use" and "Made in Alberta."

Vitamin B1 Content 454 I.U. per lb.

FRITTERS (Apple, Pineapple, Orange, Banana)

2 cups Rosebud Self-Rising Pancake Flour

2 eggs. 2 to 2½ cups milk.

(Do Not Sift Flour).

Peel and slice fruit, dip into batter, fry to light brown in deep fat at 375 degrees F. Drain and sprinkle with powdered sugar.

Have All Batter Cold as Possible

A Fine Variety of Additional Recipes contained in every package.

Ask Your Grocer or Write

ROSEBUD FLOUR MILLS CO.

DIDSBURY, Alta.

You Will Get it at . . .

Ashdown's

"YOUR HARDWARE"



IF IT IS POSSIBLE TO GET IT - WE WILL HAVE IT.

- CHINA and POTTERY
- BAGGAGE and SPORT GOODS
- PAINTS and WALLPAPERS
- ELECTRIC GOODS, Etc.

BACON

Supper Dish

Fry four or five strips of bacon. Reserve two for garnish. Chop bacon in pan, add 2 tbsp. flour and blend. Add juice from can of peas. Cook thoroughly. Add peas. Heat well and serve on toast garnished with bacon.

Supper Dish

Three cups of spaghetti or macaroni cooked in salted water until soft. Drain if any water left. Add 2/3rds can of tomatoes, and place in casserole and top with bread crumbs and on the bread crumbs place pieces of bacon sliced thin and cut in small bits. Bake in oven 350 deg. for 40 minutes. (Use about 6 slices of bacon).

Quick Lunch

Cover large pieces of toast with thick slices of tomato. Cover tomato with thinly sliced cheese, then with bacon strips, and broil. Serve hot.

Goulash

Two-thirds of a cup of macaroni covered with cold water and cooked until soft. Cut into small pieces 6 strips of bacon and a half of a small onion and fry well. Add macaroni and a can of cream of tomato soup to bacon and onion mixture. Cook in frying pan until well blended.

CHEESE

Cheese Strata

3 slices buttered bread (about	2 eggs, beaten
1/3" thick)	1/2 tsp. salt
1 cupful grated cheese	2 cups milk

Place the bread and cheese in layers in a buttered baking dish. Beat eggs, add salt and milk and pour the mixture over the bread and cheese layers. Sprinkle with the remaining cheese and allow to stand for one hour. Bake in moderate oven 325-350 deg. F. for 45 to 60 minutes. Serves four.

Russian Supper Dish

1 cup cooked ham, chopped fine	1 small onion, minced
1 cup cabbage, chopped fine	1/2 cup grated cheese
1 cup cracker crumbs	Salt and pepper to taste

Put in casserole and barely cover with milk. Bake 375 deg. for one hour.

Mild Welsh Rarebit

1 tbsp. flour	1/8 tsp. mustard
1/2 tsp. salt	1/8 tsp. pepper
1 rounded tbsp. butter	

Stir these ingredients over heat until smooth, then add one cup of milk. Bring this to boil and cook until smooth; add 1/2 lb. grated Ontario cheese and allow to melt. Serve on hot buttered toast. If desired one cup of tomato juice may be substituted for the cup of milk.

Baked Tomato Rarebit

3 cups bread cubes
1½ cups grated cheese
2 eggs
1½ tsp. salt

½ tsp. mustard
Large can tomatoes
2 tbsps. bacon fat

Arrange layer of bread cubes in casserole; sprinkle with part of cheese, add second layer of bread cubes and cover with cheese. Beat eggs slightly, add seasonings, tomatoes and bacon fat and pour into casserole. Let stand 10 minutes. Bake at 350 deg. until set. Serve hot.

Luncheon Dish

6 hard boiled eggs
5 slices toast

4 oz. cream cheese
2 cups medium white sauce

Add cheese to sauce and stir until it is melted. Slice eggs into the sauce. Add freshly made toast cut in small squares. Serve immediately. Serves six.

N.B.—For White Sauce see page 96.

Cheese Souffle

1 cup bread broken in pieces
2 cups milk
Pepper and salt

2 eggs, well beaten
½ cup grated cheese (Canadian)

Beat well and bake till a knife inserted comes out clean. Place casserole in pan of hot water while baking. Add small pieces of bacon if desired.

Old English Souffle

Prepare a sauce of—

2 tbsp. butter
2 tbsp. flour
¾ cup hot milk

½ tsp. salt
Little pepper

When thick remove from fire and add one package (½ lb.) Kraft Creamed Old English cheese, sliced, or ½ lb. grated Ontario cheese. Stir until cheese is melted. Add beaten yolks of 4 eggs. Cool. Fold in four stiffly beaten egg whites. Pour into 8" casserole. Bake 30 minutes at 350 deg. (Set casserole in another pan with a small quantity of hot water). Serve at once.

MODEL DAIRIES'
GOLDEN GUERNSEY
MILK

MODEL DAIRIES'
ICE CREAM

HAS Greater Health Value
Better Flavor
Extra Cream

IS Richer
Purer
Tastier

308--17th AVENUE WEST

Phone - M 2311 - M 2393

VEGETABLES

Supper Dish

- | | |
|-------------------------------|-------------------|
| 6 potatoes, peeled and sliced | 4 tbsp. dripping. |
| 2 medium onions, chopped | |

Place alternate layers of potatoes and onions in frying pan. Simmer 10 minutes. Add 2 cups canned tomatoes, pepper and salt. Simmer 30 minutes.

Celery Carrot Casserole

- | | |
|------------------------------|--------------------------|
| 2 cups diced cooked carrots | 1 can mushroom soup |
| 2 cups chopped cooked celery | Buttered crumbs (about 8 |
| Salt | crackers) |

Cook vegetables for 10 minutes in just enough water to keep from burning. Drain if necessary and put in buttered casserole. Pour the soup over the vegetables. Top with buttered crumbs. Bake at 350 degrees for about 10 minutes, or until the crumbs are brown.

Vegetable Souffle

- | | |
|---------------------------------|----------------------------|
| 3 tbsp. butter | $\frac{1}{2}$ tsp. salt |
| 3 tbsp. flour | $\frac{1}{4}$ tsp. paprika |
| $\frac{1}{2}$ cup boiling water | 3 eggs, separated |
| 1 can vegetable soup | |

Cream butter and flour. Mix water with soup and add slowly. Stir till thick and smooth. When lukewarm add egg yolks which have been beaten. Last fold in whites which have been beaten stiff. Bake in well greased dish (which is placed in pan of hot water) 45 minutes.

Rice Fritters

- | | |
|-------------------------|---------------------------|
| 1 egg | 1 cup milk |
| 1 cup cooked rice | $1\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ tsp. salt | 4 tsp. baking powder |

Line patty tins with bacon. Mix eggs and cooked rice. Sift flour, baking powder and salt. Add rice, eggs and milk. Bake in hot oven. Serve hot with red currant jelly.

EGGS

Omelet

- | | |
|---|-------------------------|
| 4 eggs (yolks and whites beaten separately) | Good heaping tsp. flour |
| 1 cup milk | 4 tbsp. cold water |

Beat egg yolks, add milk, flour and water. Fold in stiffly beaten egg whites. Put large tbsp. butter in pan, pouring it off into mixture, leaving enough to grease pan. Cook on top of stove, then put in oven to finish top. When done double on to platter.

Baked Eggs and Tomato Casserole

- | | |
|--|---------------------------|
| 1 can tomatoes | 2 cups stale bread crumbs |
| $\frac{1}{2}$ cup finely chopped onion | $\frac{1}{2}$ tsp. salt |

Put above ingredients in casserole and bake in oven 20 minutes. Then break eggs carefully on top and cook 10 minutes longer.

Eggs Leo

Bacon
Chili sauce
Eggs

Salt
Pepper
Grated cheese

Cook bacon in frying pan until it begins to turn yellowish brown. While still hot, curl one slice around the inside of each section of a muffin pan. Drop in each one tsp. chili sauce, then break an egg on top of each, sprinkle with salt and pepper and top with some grated cheese. Bake in a moderate oven 350 F. for 15 minutes, or until the eggs are set. Run knife around each section and invert each egg on a section of hot buttered toast and serve.

Eggs & Cheese (Lunch Dish)

3 large or 4 small eggs
1 cup milk
2 level tsp. corn starch

Salt and pepper
 $\frac{1}{2}$ cup grated cheese, or according to taste

Beat eggs well, add milk, corn starch and cheese. Cook in double boiler. Serve on unbuttered toast. Serves four. Other seasonings may be used, such as paprika, curry or celery salt.

FAIRLEY'S MEAT MARKETS

CENTRAL
1603--14th Street West
Phone--W 3261

PROSPECT
2609--14th Street West
Phone--W 4640

**HERE
IS YOUR
OFFICIAL
ANSWER**

Here is your answer as published by the Nutrition Services, Dept. of Pensions & National Health, Ottawa, in its recently issued booklet:

"HEALTHFUL EATING" - Page 30



BEST BRAND

Are Canned Vegetables Nutritious?

QUESTION 5:

Is it true that canned vegetables have little food value?

ANSWER:

No, carefully processed home canned vegetables, as well as those done in the commercial canneries, often have more food value than so called "fresh" vegetables because the canned product is frequently prepared from garden-fresh vegetables and under conditions more carefully controlled than the methods for cooking a vegetable in the home.

CANNED VEGETABLES

CANNED GARDEN - FRESH

Prairie Grown and Canned for Prairie People by TABER CANNING CO. LTD.

BEANS

Baked Beans

- | | |
|---------------------------------|-------------------------------|
| 2 cups beans | $\frac{1}{3}$ cup brown sugar |
| 1 cup catsup | 6 slices bacon (optional) |
| $\frac{1}{2}$ cup strong coffee | Salt and pepper |
| Dessertspoon molasses | |

Soak beans overnight and boil 10 minutes. Drain. Mix with other ingredients and bake 3 hours in slow oven.

Boston Roast

- | | |
|---------------------------------|--------------------------------|
| 1 can baked beans (1 lb.) | 1 onion, finely chopped |
| 1 tbsp. shortening | Salt and pepper |
| 2 eggs | $\frac{1}{2}$ cup bread crumbs |
| $\frac{1}{3}$ cup grated cheese | Buttered crumbs |

Mash the beans with a fork. Melt shortening in a saucepan, add the chopped onions and cook until golden brown. Add with the seasonings and eggs to the bean pulp, blending well. Add the half cup of bread crumbs and pack lightly into greased baking dish. Cover with buttered crumbs and bake in moderate oven 375 F. until brown (about 20 minutes). Serves six.

NOTE—If canned beans are not available, dried beans may be used, by soaking overnight and then boiling until soft. Drain and add 1 tablespoon catsup. Home baked beans may be used.

Boston Baked Beans (large recipe)

- | | |
|---|---|
| 4 cups navy beans | 1 tsp. dry mustard |
| $\frac{1}{2}$ lb. salt pork (or butt of bacon) | 1 tbsp. salt |
| $\frac{1}{2}$ cup molasses (or $\frac{1}{2}$ cup brown sugar) | $\frac{1}{4}$ tsp. pepper. |
| 1 good sized onion | 3 cups boiling water (from simmered beans). |

Wash beans, pick over and soak for 3 hours in boiling water to cover. Cover, bring to boil in same water (to preserve minerals and vitamins), adding extra water if needed to cover well; skim; cook slowly until tender, about 50 mins. Drain beans, reserving cooking water. Turn beans into bean pot or 3-quart casserole. Cut up pork, slice onion, and add to beans. Mix remaining ingredients and pour over beans. Cover, bake in slow oven 325 F., $3\frac{1}{2}$ hours or until tender, uncovering during last hour of baking. If necessary add more water during baking.

Home Style Baked Beans

- | | |
|----------------------------------|--------------------------------|
| 2 cups uncooked white beans | Any smoked salt meat such as |
| 2 tbsp. brown sugar | bacon, salt pork, ham, etc. |
| $\frac{1}{4}$ cup tomato ketchup | 1 medium onion |
| Left-over brown meat gravy | 2 level tbsps. molasses |
| (optional) | $\frac{1}{2}$ tsp. dry mustard |

Method: Pour boiling water over beans and leave one hour, then boil 10 minutes, add 1 tsp. baking soda and boil 20 minutes. Drain, rinse, cover again and boil until perfectly tender. Slice onion in bottom of bean crock or casserole. Add half the beans, sprinkle with half the brown sugar, and add a few pieces of salt pork. Add remainder of beans, sugar and pork. Dissolve the dry mustard in about two cups of hot water, adding molasses, ketchup and meat gravy, and a little salt, taking into consideration how salty the meat used is. Pour this mixture over the beans, cover tightly and bake in a slow oven, about 375 degrees, for three or more hours, adding additional moisture if necessary.

COOK TO WIN

There is No Shortage of

"SUNGALLA"

TEA and COFFEE

"FRIENDSHIP IN EVERY CUP"

At All Independent Grocers

Distributed by:

HORNE & PITFIELD LTD.

WHOLESALE GROCERS

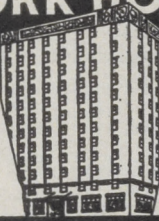
YORK HOTEL

**LOW
RATES**

From

\$2.50

Single



QUIET
CENTRAL
LOCATION
•
PARKING
ACCOMMODATION

*Excellent
COFFEE
SHOP*

**CALGARY'S NEW HOTEL
CENTRE ST. AND SEVENTH AVE.**

SICK ROOM

SUPPLIES

OF ALL KINDS

Ingram & Bell

LIMITED

Your Old Carpets
REWOVEN

Into reversible tweed
broadloom rugs dyed any
color, hand woven to any
size. Estimates free.

Rugs also repaired by
Expert Operators at
Reasonable Prices.

NEW METHOD CARPET CLEANERS

Phone--R 2677

636--17th Avenue West



COOK TO WIN

Phone--W 1073

1411 ELEVENTH STREET WEST

CANADIAN MEAT MARKET

(A. BARROLL, Prop.)

High Class Meats, Fish, Poultry, Butter, Eggs

PROMPT SERVICE

FREE DELIVERY

MEMO

"DOLLAR" Cleaners & Dyers

"THE CAREFUL CLEANERS"

W2608 Main Office - 1114—17th Avenue West

M2678 Down-Town Office, 717—4th Street West

Fish



❖————— Baked Fish with Tomatoes and Onion —————❖

Courtesy Mrs. Muriel E. Roberts, B.Sc.

Home Service Director, Canadian Western Natural Gas Co. Ltd.

- | | |
|---------------------------------|----------------------------|
| 2 lbs. fish, sliced or filleted | ¼ tsp. pepper |
| 2 cups canned tomatoes | 1 tbsp. shortening, melted |
| 2 medium onions, sliced | 3 tbsp. flour |
| ¾ cup chopped celery | ¾ cup cold water |
| 1½ tsp. salt | |

Prepare fish, that is, wash it and remove all skin, and place in a shallow baking dish. Put tomatoes, onions, celery and seasonings into a saucepan and cook gently for 15 minutes. Blend the melted shortening with the flour and mix to a smooth paste with the cold water. Add this paste to the tomato mixture and cook another 10 minutes, stirring constantly. Pour sauce over the fish and bake, uncovered in a moderate oven, 350 deg. F. for 50 minutes. Serves 6 generously. Serve with parsley, potatoes, buttered green beans and lemon wedge garnish.

————— Cod and Cheese au Gratin —————

- | | |
|-----------------------------|------------------------------|
| 3 cups cooked cod | ½ cup grated Canadian cheese |
| ½ cup buttered bread crumbs | 2 cups hot milk |
| 3 tbsps. fat | 3 tbsps. flour |
| Seasonings | |

Method: Prepare a white sauce with fat, flour, milk and seasonings; add the cheese and cook till cheese melts. Place half the cod (or any other flaked fish may be used instead) in a greased casserole, cover with half the cheese sauce, then a second layer of fish and the remainder of sauce. Cover with bread crumbs. Heat and brown in moderate oven.

Salmon Loaf

- | | |
|---------------------|---|
| 1 egg | ½ tsp. mustard |
| 1 lb. flaked salmon | 1 cup milk |
| 1 cup crackers | A little grated onion or poultry dressing |
| ½ tsp. salt | |

To the flaked salmon add well beaten egg, milk, seasoning and cracker crumbs. Bake in well greased dish for 30 minutes in moderate oven. This is nice served with Potato Puffs.

Vegetables to Serve with Fish

Creamed carrots, beets, tomatoes, cucumber, cheese potato patties, sweet potatoes, French fried potatoes, green peas, beans, creamed onions.

Scalloped Eggs and Shrimps

- | | |
|-----------------------------------|-----------------------------|
| 4 hard cooked eggs | 1 tbsp. chopped parsley |
| 1 cup cooked shrimps | 2 cups well seasoned medium |
| $\frac{3}{4}$ cup buttered crumbs | white sauce |

Slice hard boiled eggs and add the shrimp and parsley to white sauce. Pour into a well greased casserole topped with buttered crumbs and bake in hot oven 450 deg. for 15 minutes or until crumbs are brown. Serves 6 persons.

Smoked Goldeyes (or Kipperd Herrings)

These should be placed in a shallow pan which has been covered with brown paper. Heat thoroughly in moderate oven until the fish spread open. When cooked, the heads and skin are easily removed. Serve whole on a hot platter and garnish with parsley. If sufficient paper is used it will absorb all the oil and can be readily discarded.

Finnan Haddie in Milk

Cover the fish with water and simmer for 10 minutes. Drain and add 1 cup of thin white sauce.

Lobster Cocktail (or Crab or Shrimp)

Allow $\frac{1}{4}$ cup of fish meat, cut in pieces for each cocktail, and season with 1 tbsp. tomato catsup, 1 tbsp. lemon juice, 6 drops Tabasco sauce, $\frac{1}{8}$ tsp. finely chopped parsley, and a little salt. Chill thoroughly and serve in cocktail glass.

Fish Salad

LOBSTER, CRAB or SHRIMP

- | | |
|-------------------------------------|----------------------------------|
| 1 cup fish | $\frac{1}{2}$ cup diced cucumber |
| $\frac{3}{4}$ cup finely cut celery | Salt |
| Thick salad dressing | Pepper |
| 2 hard cooked eggs, diced | Shredded lettuce |

Method: Sprinkle flaked fish with about 2.tbsps. dressing and let stand a half-hour. Add celery, cucumber, eggs, and toss lightly with sufficient thick salad dressing to moisten suitably. (A little scraped onion is optional.) Serves 4.

Stuffed Tomatoes, Superb

- | | |
|-------------------------------|------------------------------|
| 6 medium tomatoes | 2 hard cooked eggs |
| 1 cup finely shredded cabbage | $\frac{1}{2}$ cup mayonnaise |
| 1 cup any cooked flaked fish | Lettuce |

Method: Scoop out tomatoes. Flake fish and toss together with cabbage and chopped hard cooked eggs. Fill tomatoes. Place on lettuce and garnish with mayonnaise. Serves 6

Fish Cooked in Light Fluffy Batter

- | | |
|-----------------------|----------------------------------|
| 1 cup flour | $\frac{1}{2}$ tsp. salt |
| 2 tsps. baking powder | 1 tbsp. butter |
| 1 egg | $\frac{1}{2}$ cup lukewarm water |

Method: Sift flour, baking powder and salt, into basin. Break egg yolk in centre and mix thoroughly. Add butter which has been melted in the water. Beat egg white stiff and fold it in. Dip fish in batter and fry in deep fat.

Boiled Fish

Boiled Fish—Place the fish on a piece of cheesecloth. Tie the edges together and put the fish into a kettle of boiling water. Add 1 tsp. vinegar or lemon juice. Cook 10 to 15 minutes per pound.

For Frying Fish dip in flour, or egg and bread crumbs, or cornmeal.

Baked Stuffed Fish Fillets

Brown $\frac{1}{4}$ cup chopped onion in 2 tbsps. fat. Mix 1 cup cooked rice and $\frac{1}{2}$ tsp. poultry seasoning and a little pepper, $\frac{1}{2}$ tsp. salt.

Method: Spread this mixture between two 1-lb. fish fillets. Fasten together with string. Dot with butter or other fat. Bake in 350 degree oven for 30 to 40 minutes, basting occasionally with pan drippings.

Oven-Cooked Fish Fillets

Cut required amount of fish into pieces of a suitable size for serving. Dip each piece into salted milk (allowing $\frac{1}{2}$ tsp. salt to $\frac{1}{2}$ cup of whole or undiluted evaporated milk). Toss into a pan of sifted dry bread crumbs, coat thoroughly and place in a well-oiled baking pan. Sprinkle liberally with cooking oil or melted fat and place in a very hot oven, 500 degrees. Bake until the fish is tender and the crumbs nicely browned—about 10 minutes.

Baked Smelts

Wash and dry them with a cloth; arrange them in a buttered flat baking dish; cover them with a layer of fresh bread crumbs, first sprinkling the fish with a little salt and pepper. Place bits of fat over the bread crumbs and bake until brown. Squeeze the juice of a lemon over them before sending to the table.

Codfish Balls

$\frac{1}{2}$ lb. salt codfish
4 fairly large potatoes
2 egg yolks

1 tbsp. butter
 $\frac{1}{2}$ saltspoon salt
1 saltspoon pepper

Boil and mash the potatoes. Bone the codfish and pick apart; scald and drain three times, then press it dry and add to the potato, with other ingredients. Shape into small balls, roll in dry bread crumbs, then in beaten egg, then in bread crumbs, and fry in deep hot fat until crumbs are brown. Serve with cream or tomato sauce.

Fish Croquettes

3 tbsps. fat
1 tsp. salt
1 tsp. chopped onion
1 egg
1 cup cooked fish

4 tbsps. flour
 $\frac{1}{4}$ tsp. pepper
1 cup milk
1 tbsp. relish or chili sauce
1 cup dry bread crumbs

Method: Melt fat, add flour, remove from fire; add milk and seasoning. Return to fire, bring to boiling point, stirring constantly. Add well-beaten egg, cut down heat, simmer a minute. Add onion, relish and fish. Mix thoroughly and cool. Prepare fine crumbs and beat egg with 2 tbsps. of water. When fish mixture is cool, mold into croquettes, roll first in crumbs, then in egg, again in crumbs. Fry in deep fat, drain on brown paper. Serve.

Your dollars may put the finishing touch on Hitler.

COOK TO WIN

Phone--M 2072

A. S. WIDDIS

HEALTH CENTRE

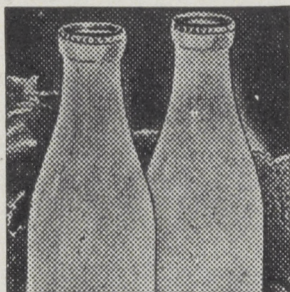
Balmoral Hotel

128--7th AVE. EAST, CALGARY

Physio-Therapy - Massage

COLONIC THERAPY
ELECTRO THERAPY

STEAM BATH
SHORT WAVE



YOUR MOST VITAL WARTIME FOOD

Makes Your Recipes Better

E-O
MILK

For Daily Service Phone M5426



BAKING! COOKING!
DEEP-FAT FRYING!

Wartime Cookery

Tastes Better
Costs Less

WHEN YOU USE

BURNS' SHAMROCK
VACUUMIZED
PURE LARD



Try NAGLER'S BEST FLOUR

FOR ALL YOUR BAKING

An All-Purpose Flour - You get the Most Value for Your Money.

Every Sack is Guaranteed.

Get it at

NAGLER'S LTD.

606-608--2nd Street East

Calgary, Alta.

SAUCES FOR FISH

Hollandaise Sauce

1 tbsp. butter	$\frac{1}{2}$ tsp. salt
Juice of $\frac{1}{2}$ lemon	Few grains cayenne pepper
2 egg yolks	$\frac{1}{2}$ cup boiling water

Beat the butter to a cream with a spoon, and add yolks of eggs separately. Beat well. Add the lemon juice, pepper and salt. Put the bowl in a saucepan of boiling water, and beat with an egg beater until it begins to thicken, which will be about one minute. Add the boiling water, beating all the time. When it has thickened like a soft custard, remove from the fire and stir a few minutes longer. Be careful not to cook too long. A very fine sauce for baked or boiled fish.

Tartar Sauce

Use a cupful of plain boiled salad dressing as a foundation. To this add one gherkin, one tbsp. capers and one tbsp. parsley chopped fine. This is used with broiled or fried fish.

Egg Sauce

Make a cream sauce, using 1 cup milk, 1 dessertspoon butter and 1 dessertspoon flour, and a little salt and pepper. Add two or three hard boiled eggs, finely chopped, and sprinkle a little chopped parsley over the top. Sauce may also be made with hot water, or with soup stock if additional nourishment is required. Use this sauce with boiled or baked fish.

Standard Medium White Sauce

2 tbsps. flour	2 tbsps. butter
1 cup milk	$\frac{1}{2}$ tsp. salt

Combine butter and flour and salt. Add to heated milk and stir until smooth.

Thin Sauce—Use 1 tbsp. of flour and butter.

Thick Sauce—Use 3 tbsps. flour and butter.

Dressing for Baked Fish

1 cup bread crumbs	$\frac{1}{2}$ tsp. salt
$\frac{1}{8}$ tsp. pepper	1 tsp. each parsley and sage
2 tbsps. minced onion	4 tbsps. melted fat

Combine ingredients in order given. This makes a dressing for fish weighing from 4 to 6 pounds.

FISH

Soda or ammonia in dish water removes fishy odor from dishes.

Generally speaking fish is overcooked. The time needed for cooking fish depends on thickness. If the fillet is about an inch thick, it will take 20 minutes in a hot oven, about 500 degrees. The quantity may be 1 pound or 5 pounds, as long as it is not more than an inch in thickness. If fish is steamed, boiled or poached in the oven it is done when flakes separate easily.

For Steaming or Baking Fish allow 15 minutes per pound, plus 10 minutes.

COOK TO WIN

801--17th AVE. WEST

Free Delivery

Phone--W 4039

McGill's Drug Store

PRESCRIPTION DRUGGISTS

Agent for Harriet Hubbard Ayer Toiletries

★ ★ ★

Visit Our Lending Library for Latest Fiction.

START THE DAY RIGHT WITH **PURITY OATS** PORRIDGE

The use of Rolled Oats is recommended by Canadian nutritionists as an economical way of increasing the intake of the B Vitamins.



For Success in All Your
Baking Problems
USE

"BLUE RIBBON"
BAKING POWDER

THE FAVORITE IN THE WEST
FOR OVER 50 YEARS

Also Tea, Coffee, Extracts, Spices, Cocoa.

COOK TO WIN



COOK TO WIN



Penleys for Dancing

Phone--M 3814 620--8th Avenue West

M E M O

RECORDS · SHEET MUSIC ...

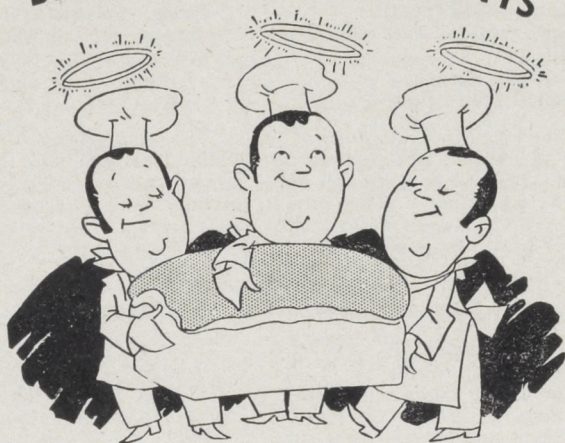
FURNITURE and PIANOS

HEINTZMAN & CO. LIMITED

329--8th AVENUE WEST

CALGARY, Alberta

BREAD, MUFFINS, BISCUITS



Fruit Bread

Courtesy Mrs. Louise Wylie

1 lb. dates
1 tsp. soda in
1 cup boiling coffee
1 tbsp. butter
 $\frac{3}{4}$ cup sugar
1 egg

2 cups flour
1 cup bran
 $\frac{1}{4}$ tsp. cloves
 $\frac{1}{2}$ tsp. cinnamon
Pinch of salt

Cut up dates and pour soda and coffee over them; let cool. Cream butter, sugar and egg and add this mixture to dates. Then add sifted flour, bran and spices. Bake $1\frac{1}{2}$ hours in very slow oven.

Prune Bread

1 cup prunes cooked without
sugar
1 cup prune juice
 $\frac{1}{2}$ cup sugar
3 tbsps. melted fat
1 tsp. salt
2 cups graham flour

1 cup white flour
1 tsp. baking soda
1 tsp. baking powder
1 egg
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup ground nuts, optional

Sift dry ingredients together. Combine egg and milk, and add to flour mixture, stirring only until well mixed. Then add the prune juice; stir in prunes and nuts. Bake in greased loaf pan in a 350 deg. F. oven for 1 hour. Makes 1 large loaf.

Always Use Canada Approved B1 Flour.

Graham or Whole Wheat Bread

- | | |
|---------------------------------|------------------------------------|
| 1 cake compressed yeast | 2 cups lukewarm water |
| 2 cups milk, scalded and cooled | 4 tbsp. melted shortening |
| 2 tsp. salt | 8 cups graham or whole wheat flour |
| 8 tbsp. brown sugar | |
| 2 cups sifted white flour | |

Dissolve yeast and sugar in lukewarm liquids. Add shortening, then flour gradually, or enough to make a dough that can be handled, and add the salt. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise for about two hours. When double in bulk, turn out on kneading board, mould into loaves, and place in well-greased pans, cover and set to rise again—about one hour, or until light. Bake 60 minutes at 375-400 degrees F.

Easy Graham Bread - 2 loaves

- | | |
|-------------------------------------|---------------------------|
| $\frac{1}{2}$ yeast cake, soaked in | 4 tbsp. sugar or molasses |
| $\frac{1}{4}$ cup lukewarm water | 2 tbsp. shortening |
| 2 cups or more lukewarm liquid | 3 cups whole wheat flour |
| 2 tsp. salt. | 3 cups white flour |

At night, break and soak yeast in warm water. Mix two flours well in bread bowl, keeping back a little in case dough is too stiff. When yeast is soft, add it to the remaining liquid in which have been dissolved the salt, sugar or molasses. Blend mixture with flour. Add melted shortening. Knead into soft, smooth dough. Cover closely. Let rise overnight at about 75 degrees F. In the morning when dough has doubled in bulk, shape at once into 2 loaves. Let rise in greased tins till double in bulk. Bake in a medium hot oven 1 hour.

Steamed Brown Bread

- | | |
|--------------------------------|----------------------------------|
| 6 tbsps. molasses | $\frac{1}{2}$ tsp. salt |
| 2 tbsps. brown sugar | 3 tpsps. baking powder |
| 2 cups buttermilk or sour milk | 1 tsp. baking soda, dissolved in |
| 1 cup flour | 1 tbsp. warm water. |
| 2 cups graham flour | |

Combine molasses, sugar and sour milk. Sift flour, salt and baking powder, add graham flour. Combine wet and dry ingredients, add soda, mix well. Pour into well greased one pound baking powder tins, filling tins only two-thirds full. Cover tightly and steam for $2\frac{1}{2}$ hours. Uncover and place in moderate oven to dry top of bread, for 15 to 20 minutes.

Banana Wheat Bread

- | | |
|-------------------------|------------------------------|
| 1 cup whole wheat flour | $\frac{1}{3}$ cup shortening |
| 1 cup flour | $\frac{3}{4}$ cup honey |
| 1 tbsp. baking powder | 1 egg |
| $\frac{1}{4}$ tsp. soda | 1 cup mashed bananas |
| $\frac{3}{4}$ tsp. salt | (3 medium bananas) |

Sift flour, measure, add baking powder, soda and salt, sift again. Cream shortening, add honey, beat until light, add beaten eggs. Add dry ingredients and bananas by thirds, mix until smooth. Pour into greased loaf pan (9x5x3) inches. Top with nuts if desired. Bake in a moderate oven (350 degrees F.) for about 50 minutes.

Fats in the Garbage Won't Win The War.

Orange Nut Whole Wheat Bread (Large)

3 cups whole wheat flour	½ cup chopped dates or raisins or
3½ tbsps. grated orange rind (about 2 oranges)	¾ cup chopped dried apples
½ tsp. soda	2 eggs
3 tps. baking powder	¾ cup milk
1 tsp. salt	½ cup orange juice
½ cup brown sugar	2 tbsps. melted shortening
	¼ cup chopped nuts

If dried apples are used, steam for a few minutes before putting through food chopper.

Sift together the flour, soda, baking powder, sugar and salt. Add chopped dates nuts and orange rind and mix well. Beat the eggs and combine with milk, orange juice and shortening. Stir the liquid into the dry mixture and beat well.

Pour into buttered bread pan and let stand fifteen minutes. Bake one hour in moderate oven 350 degrees F. Makes one large loaf or two small loaves. For a really super sandwich, spread one side of this bread with cranberry sauce and another with cream cheese, then put the two together.

Orange Nut bread also makes delicious toast for breakfast and may be spread with honey or honey butter. For afternoon tea, sprinkle the toast with cinnamon or nutmeg.

Orange Bread

Rind of 3 oranges	1 tbsp. butter
1 egg	1 cup sugar
1 cup milk	½ tsp. salt
2½ cups flour	3 tps. baking powder

Save rinds of three breakfast oranges. Put through chopper. Cover with water, bring to boil and drain; repeat and add ½ cup sugar and ½ cup water. Boil until thick. Cool. Cream butter, add egg, ½ cup sugar, sifted dry ingredients alternately with milk. Add orange mixture, let rise 20 minutes. Bake 1 hour in 350 degree oven.

Magic Butter Rolls

3 cups flour	1 tbsp. sugar
1 tsp. salt	3 eggs
4 tbsps. butter	1 tsp. vanilla
4 tbsps. shortening	½ cup sugar mixed with 2 tps cinnamon, or 1 cup chopped nuts.
½ cup milk	
2 cakes fresh yeast	

Sift 1½ cups flour with salt, cut in butter and shortening finely. Scald milk, cool to lukewarm and crumble yeast into it. Add sugar, stir slowly into flour mixture and beat until very smooth. Cover and let stand 20 minutes. Then add eggs and beat vigorously. Add vanilla and beat in remaining flour, stir until smooth. The dough will be stiff but slightly sticky. Tie loosely in a double square of cheesecloth and place in a large bowl of cool water. Let stand until dough rises to top of water (about 1½ hours). Turn from cheesecloth on to a platter. (The dough will be spongy and a trifle wet on the outside). Cut off pieces of dough with a tablespoon and roll in the mixture of sugar and cinnamon. Twist each piece into a figure eight and place 1½ inches apart on greased pan. Let rise 20 minutes and bake in hot oven 425 degrees F. for 15 or 20 minutes.

Always Use Canada Approved B1 Flour.

Feather Beds

½ cup shortening
¼ cup sugar
1½ tsps. salt
2 cups scalded milk

1 fresh yeast cake
¼ cup lukewarm water
2 eggs
4 cups flour

Place shortening, sugar and salt in a bowl and pour in scalded milk. Dissolve yeast cake in lukewarm water and when milk mixture is lukewarm, add slightly beaten eggs, flour and beat well. Allow to rise in warm place until light (about 1½ hours). Beat batter and pour into well oiled muffin pans. Allow to rise for 30 minutes. Bake at 425 degrees for 12 to 15 minutes. Makes 2 dozen buns.

Refrigerator Rolls

1 cup hot water
1 tsp. salt
6 tbsps. shortening
¼ cup granulated sugar

1 cake fresh yeast
2 tbsps. lukewarm water
1 egg well beaten
About 3½ to 4 cups sifted flour

Combine hot water, salt, shortening and sugar in a large bowl. Cool to lukewarm. Add yeast softened in lukewarm water. Add egg and half of flour. Beat well with egg beater or mixmaster. Stir in more flour to make an easily handled dough. Put in bowl and brush top of dough with salad oil or butter, cover well and store in refrigerator. It can be used right away or will keep 4 or 5 days. As needed cut off some dough and shape into balls and place in greased 2½ inch muffin pans. Cover and let rise in a warm place 80 to 85 deg. F. for about 1½ hours, or until double in bulk. Bake in a hot oven 425 degrees for 12 to 15 minutes.

Jam Buns

2 cups flour
3 tsp. baking powder
2 tbsps. sugar

½ tsp. salt
¾ cup shortening

Mix the above like pastry. Add:

1 egg, beaten
½ cup milk

1 tsp. vanilla

Mix well and roll like pastry and cut in 2-inch squares. Place jam in centre of each, fold up points and pinch sides together. Bake in gem pans in 350 to 400 degree oven for 15 to 20 minutes.

Be sure to call at

Margaret G. Kerr's

EXCLUSIVE LADIES' WEAR, Ltd.

(Upstairs) The "Arcade"

126a--8th AVENUE WEST - 4 doors east of Bank of Montreal

CHARM BEAUTY SHOPPE

127--16th Avenue N.W.

H 1335

Scotch Scones

3 cups flour	1 tsp. baking soda
1 small tsp. salt	2 tsp. cream of tartar
3 tsp. sugar	3 tbsps. shortening
1 egg	1 cup milk
1 heaped tbsps. syrup	

Sift flour, salt, sugar, baking soda, cream of tartar together. Rub in shortening until mixture is like bread crumbs. Mix egg, milk and syrup and add to dry ingredients to make a nice soft dough. Put on a floured board, flour rolling pin and roll to $\frac{1}{4}$ " thick. Cut in rounds with cookie cutter. Bake slowly on a slightly greased heavy iron frying pan, turn and brown on other side. When done wrap in tea towel until cool.

Excellent English Cream Scones

2 cups flour	4 tsps. baking powder
2 tbsps. sugar	$\frac{1}{4}$ tsp. salt
4 tbsps. shortening	2 eggs
$\frac{1}{2}$ cup rich milk to make dough	

Mix as for biscuit dough (reserve $\frac{1}{2}$ tsp. egg white to brush top of scones). Beat remainder of egg until thick and creamy. Roll out $\frac{1}{2}$ " to $\frac{3}{4}$ " thick. Cut in small squares. Brush with egg white. Bake in hot oven (500 deg. F.) about 8 minutes.

Cheese Straws

2 cups nippy cheese, grated	1 small tsp. salt
1 cup vegetable shortening or lard	2 cups flour
1 tsp. baking powder	Pinch of red pepper

Cut cheese and shortening together with pastry cutter, gradually work in dry ingredients, which have been sifted together. Add a little cold water, just enough to make pastry stick together. Roll out to $\frac{1}{2}$ " thickness and cut in desired shapes.

Apple Muffins

4 tbsps. butter or shortening and	$3\frac{1}{2}$ tsp. baking powder
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. cinnamon
1 egg	$\frac{1}{2}$ tsp. nutmeg
1 cup milk	2 tbsps. sugar
2 cups flour	1 cup chopped apple

Cream shortening and sugar, add egg. Sift flour and baking powder together, add alternately with milk. Add 1 cup chopped apple. Mix salt, cinnamon, nutmeg and 2 tbsps. of sugar together and add one half to the batter, the remaining half put on top of the muffins after they are in the tins. Bake in 400 degree oven for 20 minutes.

Honey Bran Muffins

1 cup flour	4 tbsps. honey
$1\frac{1}{2}$ tsp. baking soda	1 egg
$\frac{1}{4}$ tsp. salt	$1\frac{1}{4}$ cups sour milk
1 cup bran	1 tbsps. melted butter

Mix and sift flour, salt and soda, add bran. Beat egg until foamy, add to it the honey and milk. Then combine the wet and dry ingredients, stirring lightly. Fill greased muffin tins $\frac{3}{4}$ full and bake in hot oven for 20 minutes.

Muffins (Standard Recipe)

1 $\frac{3}{4}$ cups flour
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ cup sugar
 1 cup milk

3 $\frac{1}{2}$ tsps. baking powder
 $\frac{1}{4}$ cup shortening
 1 egg

Cream shortening and sugar. Beat egg well and add. Beat all thoroughly. Sift dry ingredients and add coarser flours (see variations). Add the sifted dry ingredients alternately with milk, beginning and ending with dry ingredients. Avoid over-stirring muffin batter. Bake in greased muffin tins in 350 degree oven for 20 or 25 minutes.

VARIATIONS.

(1) **Fruit, Date and Nut.**

Add $\frac{3}{4}$ cup lightly floured raisins, chopped nut meats or chopped dates.

(2) **Yum Yum Muffins**

Add 1 cup raisins, $\frac{1}{4}$ tsp. cloves, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. nutmeg, $\frac{1}{2}$ cup chopped nut meats. Flour fruits and nuts lightly.

(3) **Berry Muffins**

Increase sugar to $\frac{1}{2}$ cupful, and stir into muffin batter $\frac{3}{4}$ cup lightly floured blueberries, or raspberries, or chopped cranberries and 1 tsp. grated orange rind.

(4) **Surprise Muffins**

Place spoonful of batter in muffin pan; place piece of preserved fruit, a date or fig in centre of batter and bake as usual.

(5) **Orange Marmalade Muffins**

Beat 3 tbsps. orange marmalade into mixture.

(6) **Cheese Muffins**

Reduce sugar to 1 tsp. and add $\frac{1}{2}$ cup grated Canadian cheese.

(7) **Bacon Muffins**

Reduce sugar to 1 tsp. and add $\frac{1}{2}$ cup crisp bacon.

(8) **Whole Wheat or Graham Flour Muffins**

Substitute $\frac{3}{4}$ cup whole wheat (or graham flour) for $\frac{3}{4}$ cup white flour called for in original recipe.

Orange Bran Muffins

1 tsp. grated orange rind
 $\frac{1}{2}$ cup orange juice
 1 $\frac{3}{4}$ cups sifted flour
 2 tsp. baking powder
 $\frac{1}{4}$ tsp. baking soda
 $\frac{3}{4}$ tsp. salt

$\frac{1}{3}$ cup shortening
 $\frac{1}{3}$ cup sugar
 1 egg
 $\frac{1}{2}$ cup bran cereal
 $\frac{1}{4}$ cup milk

Grate orange rind and measure. Squeeze juice and measure. Measure flour, add baking soda, salt, mix and sift again. Cream sugar and shortening, add egg and beat well for a few seconds. Stir into this the bran, orange peel, juice and milk. Mix thoroughly. Add sifted dry ingredients all at one time and stir quickly until flour is dampened. Fill greased muffin pans two-thirds full and bake in oven at 400 degrees F. for 25 to 30 minutes.

Corn Meal Muffins

Mix and sift:

1 cup flour
 3 tsps. baking powder
 $\frac{1}{2}$ tsp. salt
 1 cup yellow corn meal

2 tbsps. sugar

Beat together:

1 egg
 4 tbsps. melted shortening
 1 cup milk

Make hollow in dry ingredients and pour in liquid mixture. Stir just enough to moisten dry ingredients. (Batter will appear rather spongy). Fill greased muffin tins not more than two-thirds full. Bake in 400 degree oven 30 minutes.

Biscuit Magic

Biscuit Magic is a real dare to cooking cleverness. It gives glamor to any meal served in every day togs or dressed up in its Sunday best.

Simple does it every time.

Secure a basic recipe that is tried and true; assemble everything you need (not forgetting to measure ingredients accurately); mix lightly and last but by no means least, check the temperature of your oven.

Standard Biscuit Dough

2 cups flour	$\frac{1}{2}$ tsp. salt
4 level tsps. baking powder	2 tbsps. shortening
1 cup milk	

Sift flour, baking powder and salt together, cut in shortening, then add milk to make soft, smooth dough. Pat dough lightly on floured board, cut with biscuit cutter, bake on greased sheet 10 to 15 minutes in hot oven 450 deg. F.

Biscuits may be dressed up and served in many ways. For the standard recipe using 2 cups of flour, here are some suggestions.

PINWHEELS Roll about a quarter inch thick, spread with a little melted butter, brown sugar and cinnamon. Roll like a jelly roll, cut into slices about 1 inch thick and bake.

HUMPTY-DUMPTYS Roll same as for Pinwheels, spread with drained canned fruit or cooked dried fruits. Roll like a jelly-roll and bake or steam. Serve with any desired sauce.

CHEESE CHARMERS Roll as for Pinwheels and sprinkle generously with grated cheese. Roll up like jelly-roll and cut into 1 inch slices. Brush over with milk and bake.

SHAMROCK CLUSTERS Shape dough into small balls and place three in each muffin tin before baking.

CHEESE BISCUITS Add $\frac{1}{3}$ cupful of grated cheese to standard recipe.

TOMATO BISCUITS Mix with tomato juice instead of liquid given in basic recipe.

APPLE GEMS Make mixture slightly richer by adding 2 tablespoons shortening to basic recipe. After spreading dough in pan, cover with melted butter, brown sugar and cinnamon. Spread sliced apples on top and bake.

EMERGENCY BISCUITS Add enough milk to basic recipe to make a softer dough. Drop from spoon on greased baking sheet and bake.

BRAN BISCUITS Add $\frac{1}{2}$ cup bran to basic recipe.

SCONES (Plain) Use basic recipe. Roll out $\frac{1}{2}$ inch thick. Shape with round cookie cutter, or cut triangular shapes. Either bake in oven or on griddle turning so that both sides are cooked to a delicate brown.

Potato Biscuits

1 cup flour	1 cup mashed potatoes
4 tsp. baking powder	2 tbsps. fat
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup milk

Sift dry ingredients, add to potatoes and mix with a fork. With pastry cutter mix in fat. Gradually add milk to make soft dough. (May take a little less or more than $\frac{1}{2}$ cup). Turn dough on floured board, pat it lightly to $\frac{1}{2}$ " thickness. Brush lightly with melted butter. Cut with biscuit cutter and bake on greased pan from 12 to 15 minutes in hot oven.

When Downtown

It's Always the WALES COFFEE SHOP . . .
Noted for Its EXCELLENT MEALS
BUSINESS MEN'S LUNCHESES . . . FAMILY
DINNERS and HOME-COOKED PASTRIES.

WALES COFFEE SHOP

709 SECOND STREET WEST

CALGARY, ALTA.

ROSEBUD PANCAKE FLOUR

**A Perfect Food Blend for All Soft
Dough Foods Eaten Hot**

NOURISHING - DELICIOUS - DIGESTIBLE
contains

**Minerals, Germ, Vitamins, Proteins
and Health Supplements.**

Yorkshire Pudding

1 cup milk, 2 eggs.

**1 cup Rosebud Self-Rising Flour
(DON'T SIFT).**

Mix milk and flour, add eggs already beaten. Put in deep dish with bottom well covered with dripping from roast. Cook in hot oven for 20 minutes, basting with more drippings from roast.

A Fine Variety of Additional Recipes contained in every package.

ROSEBUD FLOUR MILLS CO.

DIDSBURY, Alta.

HOT WATER!

**An Essential Civilian Requirement
To Maintain The Health and Cleanliness of the Community
CONE WATER HEATERS**

**Have Supplied Hot Water Service to Thousands of Calgarians
in the Past Ten Years. Your Enquiries Solicited.**

CONE WATER HEATER COMPANY

916--20th STREET EAST

Phone--E 5429



COOK TO WIN

For Good General Service, *Call*

JULIEN GARAGE

☆☆☆

Telephone--M 4017

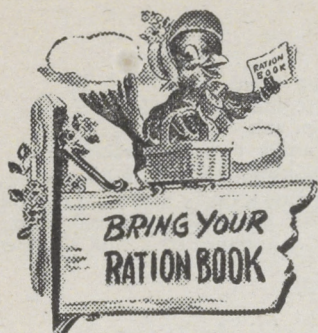
Cor. 25th Avenue & 4th Street West

M E M O

EAT AT

JIMMIES

and RELAX



Cookies, Small Cakes

'And dainty bits make rich the ribs.'—Shakespeare.

Nut Meringue Tartlets

Courtesy Mrs. Beverly Baxter

Line pattie tins with pastry; put a small spoonful of jelly or jam in each, bake in hot oven (450 deg.) until tarts are half baked. Remove from oven and place in each a spoonful of the following mixture:

$\frac{1}{4}$ cup ground nuts	1 egg
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{4}$ tsp. almond extract

Put nuts and sugar together, add flavoring and beaten egg, blend well. Bake in moderate oven (350 deg.) until delicately browned.

Easter Cakes

2 eggs	1 cup white flour.
Superior milk	1 tsp. baking powder
1 tsp. butter	1 tsp. flavoring
$\frac{1}{2}$ cup white sugar	

Put eggs in a cup and fill with Superior milk and the butter. Beat together; add rest of ingredients and bake in small paper cups at 375 deg. 20-25 mins. When baked cut off tops and fill with jelly or jam.

Eggless Chocolate Cup Cakes

$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ tsp. soda
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
1 tsp. baking powder	$\frac{1}{3}$ cup soft shortening (lard and butter)
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ cup boiling water
$\frac{1}{3}$ cup cocoa	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ tsp. salt	

Sift together dry ingredients, add milk and shortening; then add water and flavoring. Beat 3 minutes and bake in small muffin pans. While still hot, place a marshmallow on each cake and return to oven for a few seconds. While marshmallow is still soft, pat over to form icing. Bake cakes at 375 about 25 minutes.

Jelly Tea Cakes

- | | |
|---|-----------------------------|
| $\frac{1}{4}$ cup shortening (preferably vegetable) | 1 cup flour |
| 1 unbeaten egg | 1 tsp. baking powder |
| 2 tbsp. honey or syrup | $\frac{1}{4}$ tsp. salt |
| | Vanilla or almond flavoring |

Cream shortening and add honey or syrup and mix thoroughly. Add unbeaten egg and mix again well. Sift dry ingredients and add, making a fairly stiff dough. Put in very small patty pans and make a small dent in the top with a floured finger. Fill hole with any tart jelly or jam, preferably red. A topping of a few chopped nuts is optional. Bake in oven at 350 deg.

Drop Doughnuts

- | | |
|------------------------------|---------------------------|
| $\frac{1}{2}$ cup sugar | 2 tsps. baking powder |
| 1 egg | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cup sweet milk | $\frac{1}{2}$ tsp. nutmeg |
| $1\frac{1}{2}$ cups flour | Grated rind of one lemon |

Beat the egg, add sugar and mix well. Add lemon rind. Mix dry ingredients and add alternately to former mixture with milk. Drop by spoonfuls in hot fat.

Doughnuts

- | | |
|-------------------------|---|
| 4 tbsps. butter | 2 tsp. baking powder |
| 6 tbsps. shortening | $\frac{1}{8}$ tsp. nutmeg |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ tsp. lemon extract |
| 2 eggs | About 3 cups flour (to make soft dough) |
| 1 cup sweet milk | |

Cream shortenings with sugar; add beaten eggs, then sifted dry ingredients alternately with milk. Add flavoring. Roll and cut with cutter. Fry in deep fat.

Molasses Doughnuts

- | | |
|---|-------------------------|
| 1 cup molasses (or $\frac{1}{2}$ cup molasses and $\frac{1}{2}$ cup any variety of syrup) | $\frac{1}{2}$ tsp. soda |
| 2 eggs | 1 tsp. salt |
| 1 cup buttermilk, or sour milk, with 2 tsp. melted fat added | 1 tsp. ginger |
| | 1 tsp. nutmeg |
| | 4 cups flour |

Beat eggs well and add molasses. Sift all dry ingredients and add to mixture alternately with buttermilk. This makes a very soft dough so the board will have to be well floured. Do not handle dough any more than absolutely necessary. Makes 3 dozen large doughnuts. Fry in hot deep fat. Improved if dusted lightly with granulated sugar.

Apple or Date Short Bread

- | | |
|-------------------------------|---------------------------------------|
| 1 cup rolled oats | $\frac{1}{2}$ tsp. soda, dissolved in |
| 1 cup white flour | $\frac{1}{2}$ cup sour milk |
| $\frac{1}{2}$ cup brown sugar | 1 tsp. vanilla |
| $\frac{1}{2}$ cup shortening | $\frac{1}{4}$ tsp. salt |

Put rolled oats, flour, sugar and salt into bowl; rub in shortening. Moisten with sour milk, in which soda has been dissolved, and add vanilla. This mixture should be quite moist. Pat half the mixture into greased baking dish and cover with paste made of dates, boiled in enough water to cover. (A good wartime substitute is well seasoned applesauce, boiled down quite thick). Cover with the remaining mixture and bake at 350 deg. until nicely browned. Can be served warm as dessert.

Marble Squares

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup sugar	1 tsp. vanilla
2 eggs, beaten	$\frac{1}{2}$ cup nuts
$\frac{1}{2}$ cup flour	2 tbsp. cocoa
$\frac{1}{2}$ tsp. baking powder	

Mix in order given, except cocoa. Divide mixture and add cocoa, dissolved in little hot water, to one-half of mixture. Put in 8x8 pan. Bake 30 minutes at 350 deg. While still warm ice with thin layer of chocolate icing.

Whole Wheat Squares

$1\frac{1}{4}$ cups Whole Wheat flour	$\frac{1}{4}$ cup corn syrup
1 tsp. baking powder	$\frac{1}{3}$ cup sugar
$\frac{1}{8}$ tsp. salt	1 tsp. vanilla
$\frac{1}{2}$ cup chopped nuts or raisins	2 tsps. grated orange rind
4 tbsp. shortening	1 beaten egg
	2 tbsp. milk

Mix flour, baking powder, salt. Then stir in nuts or raisins. Cream shortening, sugar, syrup, vanilla and orange rind and beat in the egg. Add flour mixture and milk and stir. Spread thinly in baking pan 7x11, which has been brushed with shortening. Bake 18 minutes in moderate oven (350 F.) or until slightly browned. Cut into squares while still warm.

Raisin Molasses Cookies

$\frac{1}{2}$ cup molasses	1 tsp. salt
$\frac{1}{2}$ cup shortening	$\frac{3}{4}$ tsp. allspice
$\frac{1}{2}$ cup sugar	1 egg, unbeaten
$2\frac{1}{2}$ cups all purpose flour	$\frac{3}{4}$ cup seedless raisins

Place molasses and shortening in large saucepan and heat. When shortening is melted, remove from fire and stir in sugar. Sift flour, measure and sift with salt and allspice. Add egg to molasses mixture, then stir in flour mixture. Add raisins. Shape into rolls $1\frac{1}{2}$ "-2" in diameter. Wrap in heavy wax paper. Chill for several hours, preferably overnight. Remove paper, cut in $\frac{1}{8}$ " slices. Place on oiled baking sheet and bake at 375 deg. for nine minutes. Yields 6 dozen.

Sugarless Ginger Cookies

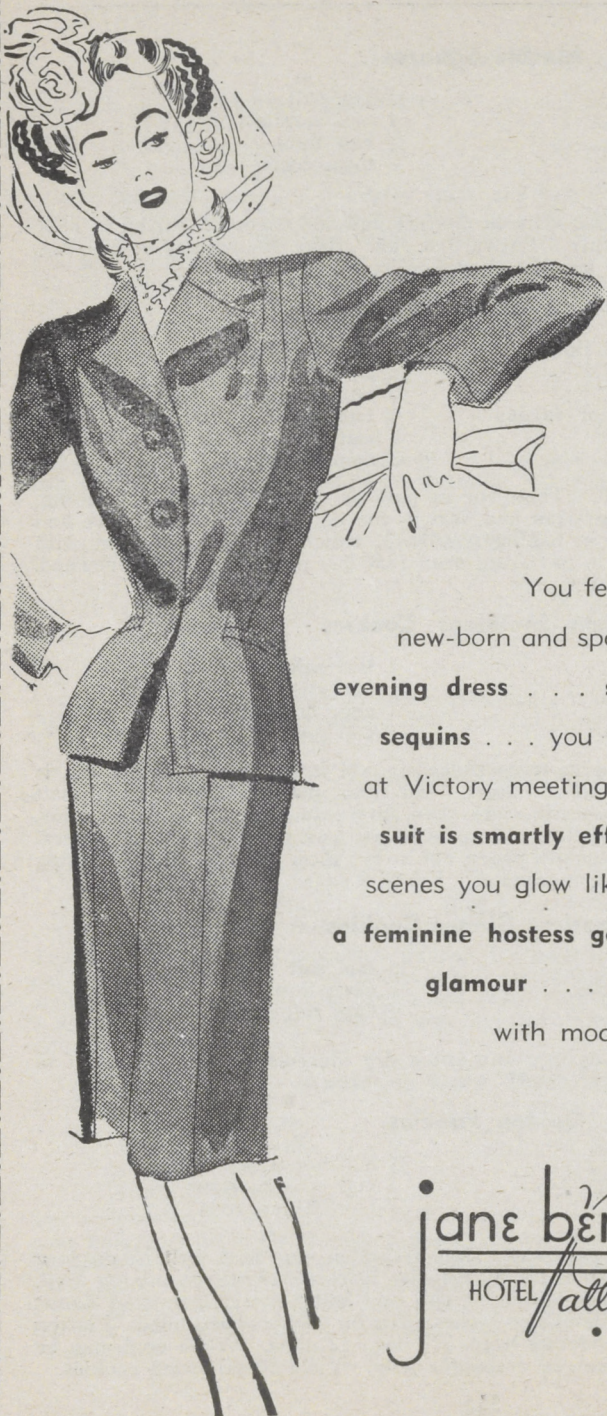
1 cup molasses	$\frac{1}{2}$ tsp. salt
1 cup lard or shortening	2 cups flour
2 level tsp. ginger	1 egg, unbeaten
1 tsp. soda	

Cream shortening; add molasses, egg and sifted dry ingredients. Roll out, cut in shape and bake in moderate oven.

Golden Fancies

1 cup shortening	$\frac{1}{4}$ cup hot water
$\frac{1}{2}$ cup brown sugar	3 cups pastry flour
1 egg	2 tsp. baking soda
$\frac{1}{2}$ cup corn syrup	

Cream shortening; add sugar; mix well. Add unbeaten egg, beat well. Add corn syrup and hot water. Add sifted dry ingredients in three additions, mixing well. Chill thoroughly. Take out spoonful of dough and roll between palms of hands into small round balls. Place about two inches apart on cookie sheet, oiled. Flatten with tines of fork. Bake in moderate oven, 375 deg., 12 mins. When cool may be put together with strawberry jam or crabapple jelly. Yield 50 sandwich cookies.



MOOD MAGIC

You feel like an evening star . . .
new-born and sparkling . . . here is an
evening dress . . . shining with
sequins . . . you work like a Trojan
at Victory meetings . . . **a Bengaline**
suit is smartly efficient . . . at fireside
scenes you glow like the embers . . .
a feminine hostess gown wraps you in
glamour . . . match all your moods
with models from bennett's !

jane bennett

HOTEL *Palliser*
• ROOM 6 • M 4576

Chocolate Peppermint Cookies

- | | |
|----------------------------------|---------------------------------|
| $\frac{1}{2}$ cup beef fat | $\frac{1}{4}$ tsp. cream tartar |
| $\frac{1}{2}$ cup sugar | 1 tsp. peppermint extract |
| 1 oz. chocolate | $1\frac{1}{2}$ cups flour |
| 1 egg | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ tsp. baking powder | |

Cream shortening and sugar well, add melted chocolate and beaten egg. Blend thoroughly. Sift dry ingredients and add to first mixture. Place in roll in refrigerator over night. Slice thinly. Place on cookie sheet and bake 8 or 10 minutes at 375 degrees.

Overnight Cookies

(Large Recipe)

- | | |
|---|--------------------------------|
| $\frac{1}{2}$ cup (scant) brown sugar | $\frac{3}{8}$ cup glazed fruit |
| $\frac{1}{2}$ cup (scant) white sugar | 1 tsp. lemon extract |
| $\frac{1}{2}$ cup shortening (not lard) | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ tsp. soda |
| 2 eggs | $2\frac{1}{4}$ to 3 cups flour |
| $\frac{1}{4}$ cup nuts, chopped fine | |

Beat sugar, softened butter and shortening until smooth. Add fruit and eggs (one at a time). Add flour and soda, well sifted. Add extracts and nuts. Shape into long roll. Leave in icebox over night. Slice very thin. Bake in hot oven.

Oatmeal Cookies

- | | |
|----------------------------------|--|
| 1 cup shortening (vegetable) | 2 tbsp. sour milk |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ tsp. soda dissolved in sour milk |
| $1\frac{1}{4}$ cups fine oatmeal | $\frac{1}{4}$ tsp. cinnamon |
| $1\frac{1}{4}$ cups flour | $\frac{1}{4}$ tsp. salt |

Cut shortening into dry ingredients. Add milk. Make into rolls, chill, slice and bake. Put two together with strawberry or raspberry jam.

Mincemeat Cookies

- | | |
|--------------------------|---------------------------|
| $\frac{1}{4}$ cup butter | 1 cup mincemeat |
| $\frac{1}{2}$ cup sugar | $1\frac{1}{4}$ cups flour |
| 1 egg | 2 tsp. baking powder |

Cream butter and sugar well and add slightly beaten egg and mincemeat. Then add flour and baking powder, which have been sifted together. Drop by teaspoonsful on greased baking sheet and bake for about 15 minutes in hot oven 400 deg. F. Makes approximately 30 cookies.

Raw Apple Drop Cakes

(Large Recipe)

- | | |
|---------------------------|--|
| 2 cups rolled oats | $\frac{1}{2}$ cup grated raw apple, unpeeled |
| 2 cups flour, sifted | 1 tsp. baking powder |
| 1 cup brown sugar | $\frac{1}{4}$ tsp. soda |
| 1 cup shortening | 2 eggs |
| 1 cup raisins or dates | Grated rind of lemon |
| $\frac{1}{2}$ tsp. ginger | 1 tsp. cinnamon |
| 1 tsp. salt | $\frac{1}{4}$ tsp. mace |
| $\frac{1}{4}$ tsp. cloves | |

Cream shortening and sugar. Add beaten eggs, sifted dry ingredients and rolled oats. Add apple and raisins. Drop by spoonsful on a greased baking sheet. Bake about 15 minutes in 375 degrees F. oven. Makes 50 drop cakes.

Pumpkin Cookies

$\frac{1}{4}$ cup shortening	$\frac{1}{4}$ tsp. ginger
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. allspice
1 egg, slightly beaten	$\frac{1}{2}$ tsp. salt
$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup canned pumpkin
2 tsp. baking powder	$\frac{1}{2}$ cup chopped raisins, currants, nuts or peel (or mixed)
1 tsp. cinnamon	

Cream shortening with sugar. Add egg and beat until well blended. Sift together dry ingredients; add fruit and nuts. Add dry ingredients to first mixture, alternately with pumpkin, and mix thoroughly. Drop by teaspoons on well oiled baking sheet. Bake at 350 deg. F. for about 25 minutes.

Soyhart Cookies

$\frac{1}{3}$ cup vegetable shortening	1 cup flour)	
$\frac{1}{2}$ cup Soyhart	1 tsp. soda)	
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ tsp. salt)	
$\frac{1}{2}$ cup white sugar		sifted together
1 egg, well beaten	1 tsp. vanilla	

Cream shortening and Soyhart; blend in sugar, add beaten egg. Add dry ingredients and vanilla. Drop from spoon on to greased pan and press with fork. Bake at 350 degrees for 12-15 minutes. Makes 5 dozen.

Wheat Germ Honey Cookies

$\frac{3}{4}$ cup honey	$2\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup shortening	1 cup wheat germ
1 egg	1 tbsp. lemon juice
$\frac{1}{2}$ tsp. soda	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	

Warm the honey and mix with shortening. Cool and add beaten egg. Stir in dry ingredients and beat well. Drop by teaspoons on greased sheet. Bake for the first few minutes at 350 deg. then lower to 300 deg. (More flour may be needed).

Variation: Omit flavorings and add $\frac{1}{2}$ tsp. cloves, $\frac{1}{2}$ tsp. cinnamon, 1 cup raisins.

Honey Grapenut Crunches

$\frac{1}{2}$ cup oatmeal	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup grapenuts	$\frac{1}{2}$ cup butter
$1\frac{1}{2}$ cups flour	1 cup honey
1 tsp. baking powder	1 egg, beaten
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. vanilla

Toast the oatmeal in the oven. Roll the cereals, using rolling pin. Sift flour, baking powder, soda and salt together. Cream butter and honey well. Add beaten egg and vanilla. Add cereals, then flour mixture and mix well. Store in a cool place over night. Drop on a greased cookie sheet and flatten with greased fingers. Bake at 375 deg. for 10 minutes.

Oatmeal Raisin Cookies

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ tsp. soda
1 cup corn syrup	$\frac{1}{2}$ tsp. baking powder
1 egg	$\frac{1}{2}$ tsp. salt
1 cup flour	$1\frac{1}{2}$ cups Quick oats or meal
$\frac{1}{2}$ tsp. cinnamon	1 cup raisins
$\frac{1}{4}$ tsp. cloves	

Cream shortening, add syrup. Add egg, oatmeal and raisins. Then add sifted flour, spices, salt, soda and baking powder. Drop half teaspoonsful on greased sheet. Bake 10 minutes at 350 degrees.

Drop Cakes

- | | |
|--------------------------------|---|
| $\frac{1}{2}$ cup shortening | 1 tsp. vanilla |
| $\frac{3}{4}$ cup golden syrup | $\frac{1}{2}$ tsp. salt |
| 3 eggs | 1 cup flour |
| 1 tsp. soda dissolved in | 1 cup rolled oats |
| $\frac{1}{4}$ cup sour milk | $\frac{3}{4}$ cup raisins, or dried apricots or |
| 1 tsp. each cloves, nutmeg and | dried apples, steamed slightly |
| cinnamon | and run through food chopper |
| 1 tbsp. cocoa | |

Cream shortening and add syrup and mix thoroughly. Add eggs and beat all well. Add soda dissolved in sour milk. Sift dry ingredients and add, adding rolled oats later, and also fruit and vanilla. Drop on greased tin and bake at about 350 deg., watching carefully for burning.

(Note: If this batter does not appear thick enough, add an extra couple of tablespoons of flour, as the thickness of the syrup and sour milk sometimes makes a slight difference.

Drop Cookies

(Saccharin)

- | | |
|----------------------------------|-------------------------------|
| $\frac{1}{2}$ cup lard | 1 tsp. vanilla |
| $\frac{2}{3}$ cup sweet milk | 1 tsp. cream of tartar) |
| 1 egg, beaten | $\frac{1}{2}$ tsp. soda) |
| Pinch of salt | 1 cup flour) |
| 3 grains Saccharin tablets, dis- | (sifted together with spices) |
| solved in 1 tbsp. hot water | Nut meats or raisins may be |
| 1 tsp. cinnamon | added |
| 1 tsp. cloves | |

Cream fat; add part of flour and cream together. Add beaten egg with dissolved saccharin. Add milk and rest of flour mixture. Drop from spoon on greased tin and bake in fairly quick oven.

Cookies

(Saccharin)

- | | |
|--|--|
| 2 eggs | $2\frac{1}{2}$ grains Saccharin tablets, |
| 8 tbsp. sweet milk | dissolved in hot water |
| 1 tsp. soda, dissolved in | Pinch salt |
| 3 tbsp. hot water | 1 tsp. vanilla |
| $\frac{1}{4}$ cup lard or butter, melted | $1\frac{1}{3}$ cups Graham flour |
| | Oatmeal |

Beat eggs, add milk, shortening, soda, saccharin and flavoring. Stir in flour and enough oatmeal to make a stiff dough. Drop from spoon on greased tin and bake in moderate oven.

Highland Scotch Oat Cakes

- | | |
|-----------------------------------|--------------------------------|
| 2 cups rolled oats (fine oatmeal) | $\frac{1}{2}$ tsp. baking soda |
| 1 cup flour | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{4}$ lb. (scant) lard | Water to roll |

Mix dry ingredients together, cut in lard and sufficient water to roll. Roll quite thin, cut into shapes and bake at 375 deg.

Your dollar is better in a tank than in a Bank.

For security, buy Victory Bonds.

Cornflake Crisps

- | | |
|---------------------------------------|-------------------|
| 2½ cups Cornflakes | 3 egg whites |
| ½ cup cocoanut substitute | ½ cup white sugar |
| 1 cup nuts | 1 tsp. vanilla |
| 1 cup mixed cut peel, or other fruits | |

Beat egg whites until stiff and add sugar. Then add balance of ingredients, mixing well. Drop from a teaspoon on to greased pan; bake in moderate oven (375 deg.) for ten minutes. Makes 3 dozen.

Quick Tea Cookies

Ritz Biscuits—spread with peanut butter or honey. Top with marshmallow and brown in oven or under broiler for few seconds.

Marmalade Tarts

Filling

- | | |
|-----------------------------|------------------------|
| 2 heaping tbsps. marmalade. | 1 heaping tbsp. butter |
| 1 heaping tbsp. white sugar | |

Bring to boil in small saucepan. Take off stove, cool and add 1 well beaten egg. Fill tarts and bake at 375 deg.

Caramel Tarts

- | | |
|---------------------------------|--|
| 1 egg, beaten | 1 tbsp. melted butter |
| ½ cup maple syrup or corn syrup | ⅓ cup currants or raisins (which-
ever available) |
| Pinch salt | |
| ⅛ tsp. nutmeg | |

Mix and bake in tart shells.

Apricot Filling for Tarts

(Home Canned Fruit)

- | | |
|----------------------------------|-------------------|
| 2 tbsps. corn starch | 2 tbsps. butter |
| 1 cup juice from canned apricots | 12 apricot halves |
| ⅓ cup corn syrup | |

Make a paste of cornstarch and 2 tablespoons apricot juice. Heat remaining apricot juice and syrup to boiling. Stir in corn-starch-mixture; cook and stir till smooth and thick. Cover; continue cooking 10 minutes, stirring occasionally. Remove from heat; add butter; blend well with dover beater. Fill tart shells with this mixture; press an apricot half into each filled tart, having hollow side up. Yield: 1 dozen 2¾" tarts.

Three Flavor Refrigerator Cookies

- | | |
|------------------|--------------|
| 1 cup shortening | 2 cups flour |
| 1 cup sugar | ½ tsp. soda |
| 1 egg | ½ tsp. salt |

Cream shortening and sugar. Add egg, beat well. Sift flour, soda and salt. Add to mixture. Divide dough into thirds.

Lemon—Add ¾ tsp. lemon extract to one-third.

Cocoa Spice—Mix 2 tbsps. cocoa, ¼ tsp. each nutmeg and cloves, 1 tbsp. water and add to one-third.

Peanut Orange—Mix ¼ cup peanut butter, 1 tbsp. grated orange rind, 2 tbsps. milk. Add to one-third.

Mix each well, shape on lightly floured board in roll 2" in diameter. Wrap in waxed paper. Chill over night. Slice thin. Bake on greased cookie sheet in hot oven 400 deg. for 10-12 minutes.



COOK TO WIN

Let a

KOFFEE KOUNTER

do your cooking

"FOUR SMART PLACES TO EAT"

MEMO

RELAX *and* BOWL

AT

BROADWAY BOWLING ALLEYS

818 EIGHTH AVENUE WEST

Phone--M 4589



„Taste, touch and smell, pleased from thy table rise.”—Shakespeare.

Tomato Soup Cake

Courtesy Mrs. J. Rolph Morden

4 tbsps. shortening
1 egg
1½ cups cake flour
½ cup chopped nuts
2 tsp. baking soda
¾ cup sugar

1 tin condensed tomato soup
¼ tsp. salt
1 cup raisins
½ tsp. each cinnamon, cloves,
allspice and nutmeg

Cream shortening, blend in sugar. Beat and add egg. Sift, measure flour, re-sift three times with baking soda, salt and spices. Add to creamed mixture alternately with the soup. Add raisins and nuts. Bake in greased and floured 8-inch square pan at 350 deg. for 50-60 minutes.

Pumpkin Spice Cake

½ cup shortening
½ cup sugar
2 eggs
½ cup molasses
1 cup strained, cooked or canned
pumpkin
2 cups cake flour

2 tps. baking powder
½ tsp. baking soda
½ tsp. salt
1 tsp. nutmeg
½ tsp. cloves
¼ tsp. ginger
⅓ cup milk

Cream together shortening and sugar. Add eggs one at a time, beating after each. Add molasses and pumpkin. Sift together flour, baking powder, soda, salt, nutmeg, cloves and ginger; add alternately with milk to creamed mixture. Pour into two 8-inch greased layer pans. Bake in moderately hot oven 25 minutes. Fill and ice with any favorite filling or frosting. This cake is very moist and flavorful.

EQUIVALENTS FOR SUGAR

¾ cup honey equals 1 cup sugar minus ¼ cup liquid (milk, eggs or both)
¾ cup molasses equals 1 cup sugar minus ¼ cup liquid (milk, eggs or both).
add ¼ tsp. soda.
¾ cup corn syrup equals 1 cup sugar minus ¼ cup liquid (milk, eggs or both).

N.B.—Cakes with syrup require more beating than sugar cakes.

Spice Cake

1 egg	1 tsp. soda
1 cup honey	1 tsp. cream tartar
$\frac{1}{4}$ cup hot water	$\frac{1}{2}$ tsp. mace
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. cinnamon
Salt	$\frac{1}{4}$ tsp. nutmeg
6 tbsp. melted shortening	

Beat the egg, add honey and water. Add sifted dry ingredients and beat slightly. Then the melted shortening. Bake 45 minutes in a moderate oven. Store before using to develop flavor and texture.

Apple Sauce Cake

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ cup corn syrup	$\frac{1}{2}$ tsp. nutmeg
2 egg yolks, unbeaten	1 tsp. cinnamon
2 cups pastry flour	1 cup thick apple sauce, un-
1 tsp. baking soda	sweetened

Cream shortening, add sugar and syrup. Add egg yolks, blend well. Sift dry ingredients and add to first mixture alternately with apple sauce. Pour into pan lined with waxed paper. Bake at 350 deg. for one hour.

Inexpensive Fruit Cake

$\frac{1}{4}$ $\frac{1}{2}$ cup shortening	$\frac{1}{2}$ tsp. nutmeg
1 cup brown sugar	1 tsp. allspice
2 eggs	$\frac{3}{4}$ cup sour milk
2 cups pastry flour	$\frac{1}{2}$ cup diced citron peel
$\frac{1}{2}$ tsp. soda	1 cup raisins
$\frac{1}{4}$ tsp. salt	1 cup nutmeats
2 tsp. baking powder	1 tsp. vanilla extract
1 tsp. cinnamon	

Cream shortening and sugar, add beaten eggs. Alternate flour and liquid, then add fruit and extract. Bake 275 deg. about $2\frac{1}{2}$ hours.

Crumb Cake

Two cups flour, 1 cup sugar (brown preferred); $\frac{3}{4}$ cup shortening. Rub the above to crumbs. Take out $\frac{3}{4}$ cup of crumbs and mix the rest with:

1 cup sour milk	1 egg
1 tsp. cloves or allspice	1 cup raisins
1 tsp. cinnamon	1 cup currants

Add last, 1 tsp. baking soda in $\frac{1}{4}$ cup boiling water. Put in pan and sprinkle the other $\frac{3}{4}$ cup of crumbs on top of cake. Bake at 400 deg. for 40 or 45 minutes.

Boiled Raisin Cake

$1\frac{1}{2}$ cups seeded raisins	$1\frac{1}{2}$ cups flour
$\frac{3}{4}$ cup sugar, or $\frac{1}{4}$ cup plus 2	1 tsp. cinnamon
tbsps. syrup	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{4}$ cup butter or shortening	$\frac{1}{2}$ tsp. soda
1 egg	$1\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tsp. salt	

Cover the raisins with boiling water and simmer 20 to 30 minutes. Then cool and drain. Use $\frac{1}{2}$ cup of raisin water as the liquid for the cake and an additional 4 tbsps. flour to sprinkle over raisins. Mix as any butter cake. Bake in a moderate oven in either a shallow or loaf pan. This cake will keep moist for some time. Bake in a moderate oven 350 to 375 deg. N.B.—This makes 18 cup cakes.

Lazy Daisy Cake

Two eggs, beaten, add $\frac{3}{4}$ cup white sugar gradually, beating constantly, 1 tsp. vanilla. Add 1 cup all purpose flour, which has been sifted with 1 tsp. baking powder and $\frac{1}{2}$ tsp. salt. Scald $\frac{1}{2}$ cup milk with 1 tbsp. butter in it, and add to flour mixture. (Very thin batter). Bake in 8x8 inch pan, greased on the bottom only, for 30 minutes at 350 deg. Any desired topping may be used.

White Cake

$\frac{1}{3}$ cup shortening	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup sugar	4 egg whites
$1\frac{1}{2}$ tsp. baking powder	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. lemon extract

Cream shortening, add sugar gradually, sift flour, salt and baking powder together, add alternately with milk; fold in egg whites beaten stiff; add flavoring. Bake at 325 deg. about 35 minutes. Pan about 7 by 11 inches.

Burnt Sugar Cake

Beat $\frac{1}{2}$ cup shortening to a cream, add 1 cup sugar, yolks of 2 eggs, 1 cup of milk; add 2 cups flour with $\frac{1}{4}$ tsp. cream of tartar; beat for 5 minutes. Add 5 tbsps. burnt sugar syrup, 1 tsp. vanilla, then add $\frac{1}{2}$ cup flour and 2 tps. baking powder; fold in beaten whites of 2 eggs. Pan about 8 by 12 inches. Bake about 40 minutes at 350 degrees.

BURNT SUGAR SYRUP (enough for several cakes)

$\frac{1}{4}$ cup white sugar	$\frac{1}{4}$ cup brown sugar
$1\frac{1}{2}$ cups boiling water	

Stir over fire until sugar becomes brown and liquid, add $1\frac{1}{2}$ cups boiling water, stir until dissolved.

Honey Sponge Cake

6 eggs	$\frac{1}{4}$ tsp. salt
$\frac{3}{4}$ cup liquid honey	$\frac{1}{2}$ tsp. baking powder
1 cup fine pastry flour	$\frac{1}{2}$ tsp. vanilla
$\frac{3}{4}$ tsp. cream of tartar	$\frac{1}{2}$ tsp. almond flavoring

Separate eggs and beat whites until stiff. Add honey gradually, beating thoroughly but lightly. Fold in well beaten egg yolks. Sift all dry ingredients twice and then sift lightly into first mixture. Add flavorings. Bake in ungreased angel cake tin at 300 deg. for about 45 minutes, or a little more if necessary.

NOTE—All honey recipes brown more quickly than sugar recipes, so make certain the cake is done before removing from oven. Invert over a wire rack until cool.

Small Lemon Roll

2 eggs (separated)	$\frac{1}{2}$ cup sugar
2 tbsps. cold water	Salt
$\frac{3}{4}$ cup Swansdown or Pastry flour	1 tsp. baking powder
	Flavoring

Beat egg yolks, add cold water, add sugar gradually, then flour which has been sifted with baking powder and salt. Fold in beaten egg whites. Bake in shallow pan about 7 by 11 inches, well greased, at 375 deg. Turn out on dampened towel, spread with lemon filling and roll.

LEMON FILLING

Rind and juice of 1 lemon	2 tbsps. water
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tsp. butter
1 egg	1 dessertspoon of cornstarch

Cook over hot water, stirring constantly.

Listen in

to

Chapel Chimes

over CFAC - Each SUNDAY - at 3:00 o'clock



broadcast direct from

"The Little Chapel on The Corner"

(Jacques Funeral Home)

Co-operation is a term used particularly both for a theory of life and for a system of business, with the general sense of "working together". In its narrowest usage it means a combination of individuals to economize by buying in common, or increase their profits by selling in common. In its widest usage it means the creed that life may best be ordered not by the competition of individuals, where each seeks the interest of himself and his family, but by mutual help; by each individual consciously striving for the good of the social body of which he forms part, and the social body in return caring for each individual. Thus it proposes to replace among rational and moral beings the struggle for existence by voluntary combination for life.

ALBERTA POOL ELEVATORS

Sugarless Two-Egg Cake

- | | |
|---------------------------------|------------------------------------|
| 2 cups pastry flour or | $\frac{1}{4}$ cup corn syrup |
| $1\frac{3}{4}$ cups bread flour | 1 cup corn syrup |
| 3 tsps. baking powder | 2 eggs, separated |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ cup and 1 tbsp. milk |
| 4 tbsps. butter | 1 tsp. vanilla |
| 4 tbsps. shortening | 2 tbsps. grated orange rind |

Measure flour and sift twice with baking powder and salt. Blend butter and shortening until creamy; add 1 cup corn syrup, beat well and add well beaten egg yolks. Sift $\frac{1}{3}$ of dry ingredients into butter mixture, combine; add $\frac{1}{2}$ of the milk and combine, complete alternate addition of liquid and dry ingredients. Beat egg whites until stiff, but not dry, gradually beat in the $\frac{1}{4}$ cup of syrup, then fold into the first mixture; add vanilla and orange rind. Bake in 9-inch square pan in a moderate oven 350 deg. about 50 minutes.

ICING

- | | |
|-------------|-------------------------|
| 1 egg white | $\frac{1}{2}$ cup honey |
| Pinch salt | |

Place in top of double boiler and beat as for Seven Minute Icing.

Windblown Cake

- | | |
|------------------------------|---------------------------------------|
| 3 eggs, large, or 4 small | $1\frac{3}{4}$ cups sifted cake flour |
| $\frac{3}{4}$ cup cold water | 1 tsp. baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ tsp. lemon flavoring |

Beat egg yolks and water 5 minutes with dover beater. Add sugar gradually and beat another 7 minutes. Add flour slowly, fold in egg whites beaten stiffly. Bake in large size angel cake tin $\frac{3}{4}$ hour at 350 deg.

Imperial Sunshine Cake

- | | |
|----------------------------|-------------------------------------|
| 1 cup flour | 1 cup honey |
| 6 fresh eggs | $\frac{1}{2}$ tsp. cream of tartar |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ tsp. lemon flavoring |
| $\frac{1}{2}$ tsp. vanilla | $\frac{1}{2}$ tsp. almond flavoring |
| 2 tbsps. water | |

Separate egg yolks in small bowl, whites in mixing bowl. Add salt to whites. Beat until well broken, add cream of tartar, whip until soft and dry. Beat yolks until light and add flavoring. Meanwhile have honey and water boiling to 240 degrees or until it threads. Pour on whites, beat well; when cool add yolks, then flour which has been sifted 3 or 4 times. Fold in flour carefully. Bake in large angel food pan 45 or 60 minutes at 325 deg.

Jelly Roll or Snow Whirl Chocolate Roll

- | | |
|--|--------------------------------|
| 6 tbsps. sifted cake flour | 1 tsp. vanilla |
| (Swansdown) | $\frac{1}{4}$ tsp. salt |
| 6 tbsps. cocoa or | $\frac{3}{4}$ cup sifted sugar |
| 2 squares melted chocolate | 4 egg whites, beaten stiffly |
| $\frac{3}{4}$ tsp. baking powder (Calumet) | 4 egg yolks, well beaten |

For White Jelly Roll use $\frac{3}{4}$ cup sifted flour to replace (6 tbsps. flour plus 6 tbsps. cocoa).

Same method for both cakes. Sift flour once, measure, add cocoa, baking powder and salt. Sift together. Fold sugar into egg whites gradually. Add egg yolks and vanilla. Fold in flour. Pour into pan 15 by 10 inches lined with greased or waxed paper. Bake in hot oven 400 deg. F. for 13 minutes. Turn out at once on damp cloth covered sparingly with icing sugar. Remove paper. Quickly cut off crisp edges. Spread with "Egg Whites and Syrup Frosting" and roll. Or spread with ice cream and place in refrigerator freezing tray. For White Jelly Roll spread with filling or jelly and roll.

Orange Sponge Cake

Three large or 4 small eggs, separated. Beat whites in mixing bowl, add $\frac{3}{4}$ cup sugar gradually. Add grated rind of 1 orange and $\frac{1}{3}$ cup orange juice to beaten yolks and $\frac{1}{2}$ tsp. lemon flavoring. Combine mixtures, and add 1 cup Swansdown flour sifted with $\frac{1}{2}$ tsp. salt. Bake at 375 deg. for 45 minutes in ungreased tube pan.

Chocolate Marshmallow Cake

$\frac{1}{2}$ cup crisco
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ tsp. salt
 1 tsp. vanilla
 3 eggs

$\frac{1}{2}$ cup white corn syrup
 2 squares chocolate (melted)
 $1\frac{3}{4}$ cups sifted cake flour
 1 tsp. baking soda
 1 cup sour milk or buttermilk

Blend together crisco, sugar, salt, vanilla and eggs. Add corn syrup and chocolate, beat well. Sift dry ingredients. Add to crisco mixture alternately with milk. Bake in two 9-inch layer pans in moderate oven 350 deg. F. 30 to 35 minutes.

Sugarless Marshmallow Icing

Beat 2 egg whites with 1 cup of white corn syrup in double boiler over hot water till thick and fluffy. Add 8 diced marshmallows, beat till melted. Remove from stove and spread.

Large Victory Cake

2 cups sifted Swansdown flour
 1 tsp. soda
 $\frac{1}{2}$ tsp. Calumet baking powder
 $\frac{1}{2}$ cup butter or other shortening
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup milk

$\frac{3}{4}$ cup corn syrup
 2 eggs or 3 yolks unbeaten
 2 or 3 squares Baker's unsweetened chocolate, melted
 $\frac{1}{2}$ tsp. salt
 1 tsp. vanilla

Sift flour once, measure. Add salt and soda and baking powder and sift. Cream shortening, add sugar and syrup. Add eggs one at a time and beat after each addition. Add chocolate, blend. Add flour alternately with milk, beat. Add vanilla. Bake in a greased pan 9 by 12 inches for 40 minutes at 350 deg.

GLAZIER ELECTRIC SERVICE

(E. L. GLAZIER)

Electrical Contracting

Store - L2123

103 Tenth Street N.W.

Res. L2124

A Good Cake Needs Good Ingredients

TUXEDO

Flavouring Extracts - Spices - Baking Powder

Chocolate Cake

2 tbsps. chocolate or cocoa
3 tbsps. butter
1 egg
1 cup sour milk

1 tsp. soda, put in sour milk
 $\frac{3}{4}$ cup brown sugar
1 cup flour
1 tsp. vanilla

Place chocolate or cocoa and butter in bowl and melt over hot water; then add sugar, beat in egg, sour milk and flour. Add vanilla. Bake in a moderate oven for about 20 minutes. Pan about 7 by 9 inches.

Orange Gingerbread

1 egg
1 cup syrup
 $\frac{1}{2}$ cup boiling water
2 cups flour
2 tps. soda

$\frac{1}{2}$ tsp. ginger
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ cup melted shortening
1 large orange, juice and grated rind

Beat egg and add syrup. Sift flour, measure and sift again with soda and spices. Add alternately with the boiling water and beat smooth. Add shortening melted, the orange juice and grated rind. Mix well, turn into a well greased pan. Bake in slow oven 325 deg. F. for 40 minutes.

Sugarless Gingerbread

$1\frac{1}{2}$ cups sifted flour
 $\frac{1}{2}$ tsp. cinnamon
1 tsp. soda
 $\frac{1}{2}$ cup boiling water
1 egg
 $\frac{1}{2}$ tsp. ginger

$\frac{1}{4}$ tsp. cloves
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup vegetable shortening
 $\frac{3}{4}$ cup molasses (if using dark molasses use $\frac{1}{2}$ cup with $\frac{1}{4}$ cup corn syrup)

Put dry ingredients into sifter and sift into bowl. Pour boiling water over shortening and leave for a minute over heat until shortening has melted. Set aside to cool, at least to lukewarm. Beat egg and add molasses and beat well. Add shortening mixture. Beat well and put into centre of dry ingredients. Mix thoroughly and beat until smooth. Bake in oven at 350 deg. for 30 minutes.

Soft Molasses Gingerbread

$\frac{1}{4}$ cup shortening
1 cup molasses
1 tbsps. vinegar
1 egg
1 tsp. soda

$\frac{1}{2}$ tsp. salt
1 tbsps. ginger
1 cup sour milk
2 cups flour

Melt shortening, add molasses, vinegar and beaten egg. Mix and sift dry ingredients and add alternately with the milk. Pour into a greased pan and bake 30 to 40 minutes in moderate oven 350 to 400 deg. Batter should be just thin enough so that the track left by spoon disappears at once.

Eggless Gingerbread

$2\frac{1}{4}$ cups sifted flour
2 tps. soda
1 tsp. salt
2 tps. ginger
2 tps. cinnamon

2 tbsps. cocoa
1 cup light molasses
1 cup sour milk
 $\frac{1}{4}$ cup melted fat

Sift dry ingredients twice. Mix milk and molasses. Stir into the dry ingredients and beat. Add melted fat. Pour into greased pan or muffin tin. Bake 30 minutes in moderate oven 350 deg.

COOK TO WIN

DAFFODIL BAKE SHOPPE

BREAD · CAKE · PASTRIES

726 SEVENTEENTH AVENUE WEST

Phone--R 2104

JAMES

**STORAGE and CARTAGE
CO., LTD.**

Moving - Storing - Packing - Shipping
Long Distance Moving by Motor Vans

POOLED CARS

To All Principal Cities

TELEPHONE

M 7981

514-11th AVENUE WEST

WEBB'S SPECIALTY SHOP

**IS THE PLACE WHERE YOU CAN SHOP WITH CONFIDENCE
FOR YOUR PERSONAL and HOUSEHOLD NEEDS.**

IN BUSINESS IN CALGARY OVER 30 YEARS

**The Address is 214A--8th AVENUE WEST - Phone--M 2792
Also at HILLHURST - Phone--L 2442**

CAKE TOPPINGS

Pastel Jelly Frosting

$\frac{1}{2}$ cup jelly (any tart flavor)
Dash salt

1 egg white (unbeaten)

Place jelly in bowl and set over boiling water. Add egg white and salt. Beat with rotary egg beater until jelly is free from lumps. Remove from boiling water and continue beating until mixture is stiff enough to stand in peaks. Spread on cakes, garnish with bits of clear jelly, if you wish. Makes enough frosting to cover top and sides of 8x8x2 inch cake or about two dozen cup cakes.

Ten Minute Frosting

$\frac{1}{2}$ cup corn syrup
 $\frac{1}{6}$ tsp. salt

1 egg white
 $\frac{1}{4}$ tsp. vanilla

Mix all together and beat with rotary or electric mixer from 8 to 10 minutes. Pile on cake, do not smooth out.

Economical Icing

4 tbsps. brown sugar
2 tbsps. flour
2 tbsps. milk (scant)

1 tbsp. butter
Vanilla to flavor

Use heaping measure, beat well. heat milk and butter together and add to sugar and flour. Ready to use, no boiling.

TOPPING FOR CAKES TO TAKE THE PLACE OF ICING

3 tbsps. melted butter
 $\frac{1}{2}$ cup dry cereal flakes
 $\frac{1}{4}$ cup chopped nuts

$\frac{1}{2}$ cup brown sugar
 $\frac{3}{4}$ tsp. cinnamon

Mix well together and sprinkle over cake batter. Cut cake before removing from pan. Delicious on spice or chocolate cakes.

Cream Filling

1 cup milk
 $\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ tbsps. cornstarch
 $\frac{1}{2}$ tsp. salt

1 egg yolk
 $\frac{1}{2}$ tsp. almond flavoring
 $\frac{1}{2}$ tsp. butter

Scald milk in double boiler. Mix sugar, cornstarch and salt. Pour hot milk over this mixture. Stir until cooked. Pour hot mixture over egg yolk and cook for three minutes more. Cool before spreading between layers of cake.

Rich Chocolate Sauce

2 tbsps. hot water
Salt

2 squares chocolate
1 cup melted honey

Heat over hot water and blend. Keeps well. Serve warm or cold.

Chocolate Bar

Place a chocolate bar on warm cake. Allow to melt. Spread.

Icing Sugar

Place a fine paper doily on a cake, sprinkle lightly with icing sugar. Remove doily carefully. This will leave an attractive design on the cake.

Citrus Fruit Rinds

Dry out, grate, and keep in covered jars. Sprinkle over:

Crumb cake or coffee cake batter, before baking.

Cake frosting or icing.

Meringue for lemon or orange pie or tarts.

Use in orange rolls.

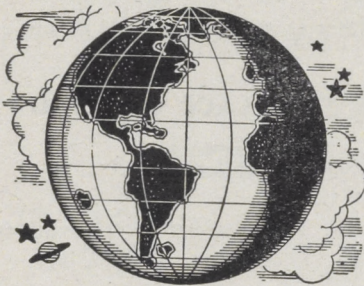
Try TEMPLETON'S LTD.

Sanitone Cleaners

M 2419

615--17 AVENUE WEST, CALGARY

M 7488



IN THIS CHANGING WORLD-

**Your Electric Service stays
high in quality, dependable,
and low in cost.**

It's on duty in your home 24 hours a
day every day, and costs as little as
before the war.

CALGARY POWER CO. Ltd.

"SERVING ALBERTA"



TRY USING

LARD

THIS NEW WAY

For Better Wartime Cakes

WHOLE-EGG CAKES

Sift dry ingredients together (should be at least $1\frac{1}{2}$ tsp. baking powder to cup of flour). Blend until soft Burns' Vacuumized Lard with equal parts dry mixture. Stir in eggs. Add at once rest of dry ingredients with $\frac{2}{3}$ liquid. Stir mixture until smooth. Add rest of liquid. Stir batter again until smooth.

WHITE CAKES

Same as above, but blend $\frac{3}{4}$ of sugar with beaten egg-whites. Fold into otherwise finished batter.





COOK TO WIN

GRAINGER'S HAIRDRESSING

In business 19 Continuous Years.

EVERYTHING NEW, MODERN and PRACTICAL

Our New Location - next to Isis Theatre

1110 FIRST STREET WEST - M 3530

M E M O

**Better Value All The Time at
CHRISTIE-GRANT CO.**

Calgary's Big Family Clothing Store

124 and 126 8th Avenue East

Desserts . . .



Custards for supper; and an endless host
Of syllabubs and jellies and mince pies,
And other such lady-like luxuries.

—SHELLEY.

Indian Pudding

Courtesy Ann Batchelder,
Ladies' Home Journal

1 qt. scalded milk
5 tbsp. corn meal
2 tbsp. shortening
1 cup light molasses
1 tsp. salt

$\frac{3}{4}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. ginger
2 eggs, well beaten
1 cup milk (cold)

Scald 1 quart milk in double boiler. Stir in corn meal slowly and cook 15 minutes. Add shortening, molasses, salt and spices, eggs. Turn into greased pudding dish and pour over it 1 cup cold milk. Do not stir. Bake 1 hour at 325 deg. F. Serve with rich milk, ice cream or hard sauce.

Baked Chocolate Dessert

1 cup flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
6 tbsp. sugar

$\frac{1}{2}$ tbsp. cocoa
2 tbsp. melted butter
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup chopped nuts or raisins

Sift dry ingredients together. Combine milk and melted butter and add to above, mixing until smooth; add chopped nuts or raisins. Pour into well greased dish. Combine $\frac{1}{2}$ cup brown sugar and 4 tbsp. cocoa and sprinkle on top of pudding mixture. Pour $1\frac{3}{4}$ cups hot water over all and bake in moderate oven for 45 minutes at 350 deg. Serves 6.

To the homemaker who is making an effort to serve meals that are well balanced, milk puddings are invaluable. This is an attractive way to add milk to the daily diet. Do not forget in planning menus that a milk and egg dessert is high in protein, and will help to balance the day's diet when the meat allowance has been slim.

Salt is important. Milk and fruit dishes to which a little salt has been added require less sugar.

All cream sauces, fillings, etc., should be well beaten with dover beater.

Sweetening Equivalents: 1 level tbsp. sugar, $\frac{3}{4}$ tbsp. honey or $1\frac{1}{4}$ to $1\frac{1}{2}$ tbsp. corn syrup is enough to flavor 1 cup milk. When eggs are used, we add a little more sweetening for each egg.

For Sugar Equivalents see page 63.

Baked Custard

2 eggs
2 cups milk
Salt

$\frac{1}{4}$ cup white sugar
Grated nutmeg sprinkled on top

Beat eggs. Scald milk, add sugar, salt and flavoring and then add to beaten eggs. Pour into baking dish and set in pan of hot water. Bake in slow oven until knife inserted comes out clean.

Variations

1. Add marshmallows and omit the sugar.
2. Pour one tbsp. maple syrup into each custard cup. Pour in custard and bake, omitting usual sugar.

Pioneer Bread Pudding

2 cups bread cubes
2 cups milk
3 tbsps. butter
 $\frac{1}{2}$ tsp. vanilla

$\frac{1}{4}$ cup sugar
2 eggs
Dash of salt

Use day old bread, crusts and all, cutting it in $\frac{1}{4}$ " to $\frac{1}{2}$ " cubes. Place these in a buttered baking dish. Mix the milk, butter and sugar and heat just enough while stirring to dissolve the sugar and melt the butter. Beat the eggs slightly, add the salt and then stir in the warm milk and vanilla. Pour over bread cubes, set the baking dish in a pan of hot water and bake in a moderate oven 350 degrees F. Bake one hour. Use following meringue.

MERINGUE

Spread top of baked pudding with jelly, jam or orange marmalade and top with a meringue and brown slowly. Coconut may be sprinkled on meringue before baking.

Chocolate Bread Pudding

1 pint milk
2 cups bread crumbs (not too stale)
2 egg yolks

2 egg whites
 $1\frac{1}{2}$ squares unsweetened chocolate (melted)
 $\frac{1}{2}$ cup sugar

Scald milk, add bread crumbs and chocolate. Take from the heat, add sugar and beaten egg yolks. Bake in greased pudding dish 15 minutes at 350 degrees. Make a meringue of egg whites and 3 tbsps. sugar, spread over the pudding and brown in slow oven 325 degrees 20 minutes. Serve cold.

Soft Boiled Custard

2 cups milk
3 eggs
2 tbsps. sugar

$\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla

Heat milk, mix eggs, sugar and salt and add to milk slowly. Cook over hot water, stirring constantly until thick enough to coat a silver spoon. Strain, cool and flavor.

VARIATIONS

1. Serve as sauce for fruit and gelatine desserts.
2. Arrange fruit in bottom of serving dish. Pour cold, soft custard over fruit.
3. TRIFLE:

2 cups cubed cake
1 cup fruit
 $\frac{1}{3}$ cup fruit juice

Soft custard and top milk
whipped

Rice

- | | |
|------------------------|-----------------|
| 1 cup rice | 3 tsps. salt |
| 2 quarts boiling water | 1 tbsp. vinegar |

Wash rice several times in warm water and drain. Add slowly to boiling water and cook 20 to 25 minutes. Rinse with boiling water.

Barley Pudding

- | | |
|----------------------|----------------|
| 4 tsps. pearl barley | 2 tsps. sugar |
| 1½ cups water | ¼ tsp. salt |
| 2½ cups milk | ½ tsp. vanilla |
| 1 egg | |

Wash barley and soak in cold water over night. Drain and cook barley with the milk in a double boiler until tender, about 45 minutes. Beat the egg, add sugar, salt and vanilla and combine with hot mixture. Turn into buttered baking dish and bake in a slow oven 325 degrees F. for 15 minutes. Serve with hot corn syrup or with cream.

Macaroni Pudding

- | | |
|--------------------------|----------------------------|
| 1 cup macaroni, uncooked | 1 tsp. butter |
| 2 cups milk | Pinch of salt |
| 2 eggs | Rind of orange or lemon or |
| 2 tsps. sugar | nutmeg |

Cook the macaroni and drain well. Beat the eggs and add sugar, salt, milk, flavoring and butter, then add the macaroni and bake in a greased baking dish. Set in a pan of water in a slow oven until firm.

Grapenut Pudding

Make the same as the macaroni pudding, substituting ¾ cup grape nuts for the macaroni and use vanilla for flavoring.

Baked Rice Custard

- | | |
|-------------------|---------------------------------|
| 2 eggs | ½ tsp. salt |
| 2 cups milk | ¼ tsp. nutmeg or 1 tsp. vanilla |
| 1 cup cooked rice | ½ to 1 cup raisins |
| ½ cup sugar | |

Beat egg, add sugar, salt, milk and flavoring, raisins and rice. Bake in moderate oven in pan of hot water until firm.

Baked Maple Rice Custard

- | | |
|---|---------------------|
| 3 eggs | 3 cups milk |
| ¼ cup sugar | 1½ cups cooked rice |
| ¼ tsp. salt | ½ tsp. vanilla |
| ⅓ cup maple flavored syrup or maple syrup | |

Cook ¾ cup rice till soft. Beat eggs slightly, add sugar, salt and syrup. Add milk, rice and flavoring, mix well. Bake in 1½-quart baking dish in pan of hot water in oven 350 F. 1 hour and 20 minutes, or until silver knife inserted in centre comes out clean. Nice hot or cold.

The only income tax-free investment in Canada! Buy War Savings Certificates.

Chocolate Sponge

- | | |
|---------------------------------|-------------------------|
| 1 envelope gelatine | $\frac{1}{4}$ cup sugar |
| $\frac{1}{4}$ cup cold water | 3 eggs |
| $\frac{1}{4}$ cup boiling water | $\frac{1}{4}$ tsp. salt |
| 4 tbsp. cocoa | 1 tsp. vanilla |

Put sugar, cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Soften gelatine in cold water. Add to above mixture and stir until dissolved. Cool and add slightly beaten egg yolks. When it begins to thicken fold in stiffly beaten egg whites and flavoring. Pile into sherbet glasses. Serves 6.

Baked Lemon Pudding

- | | |
|-------------------------|---------------------|
| 1 tbsp. butter | 2 tbsp. lemon juice |
| $\frac{1}{3}$ cup sugar | 1 tbsp. grated rind |
| 2 tbsp. flour | 2 eggs (separated) |
| 1 cup milk | |

Cream butter and sugar, add flour, lemon juice and rind. Add egg yolks and milk. Fold in beaten whites and pour in oiled baking dish and set in pan of water and cook slowly at 325 degrees for 40 minutes.

Lemon Snow

- | | |
|-------------------------------|-----------------------------|
| 2 cups boiling water | Juice of 1 lemon |
| $\frac{1}{2}$ cup white sugar | 2 heaping tbsp. corn starch |

Boil together, stir in beaten whites of 2 eggs and pinch of salt.
Serve with custard sauce—

- | | |
|--------------------------|------------------|
| 1 pint milk | Vanilla |
| Yolks of 2 eggs | Sweeten to taste |
| 1 large tsp. corn starch | |

Spring Fancy

- | | |
|----------------------|---------------------------|
| 2 cups boiling water | 3 eggs, beaten separately |
| 1 cup sugar | Pinch of salt |
| 1 tbsp. corn starch | Juice and rind of 1 lemon |
| 1 tbsp. cold water | |

To hot water add sugar. Dissolve corn starch with cold water and add hot water mixture a little at a time. Mix well and boil until thickened, then add juice and rind of 1 lemon, beat yolks and add hot mixture, a small amount at a time. Boil half a minute, cool and add beaten egg whites. Serve cold.

Brown Suet Pudding

- | | |
|----------------------|---|
| 1 cup suet | $\frac{1}{2}$ tsp. each ginger, cinnamon and nutmeg |
| 2 cups flour | $\frac{1}{2}$ tsp. salt |
| 1 cup molasses | 1 cup raisins or any other fruit |
| 2 tbsps. brown sugar | $\frac{1}{2}$ cup boiling water |
| 2 tsps. baking soda | |
| 2 eggs | |

Method: Sift flour, soda, salt and spices. Then mix suet and fruit and $\frac{1}{2}$ cup boiling water to melt molasses and sugar. Add beaten eggs and mix well. Place in pudding mould, well greased, and steam for 2 or 3 hours. Serve with heated milk (sweetened with sugar and dash of nutmeg) or any other sauce preferred.

Oatmeal Fig Pudding

- | | |
|----------------------------------|-----------------------------------|
| 1 cup quick cooking rolled oats | 2 eggs, well beaten |
| $\frac{1}{2}$ tsp. baking soda | $\frac{1}{3}$ cup molasses |
| $\frac{1}{4}$ tsp. salt | $\frac{2}{3}$ cup water |
| $\frac{1}{4}$ tsp. cinnamon | $1\frac{1}{2}$ tbsps. lemon juice |
| $\frac{1}{3}$ cup figs, cut fine | |

Mix rolled oats, soda, salt, cinnamon, figs. Combine eggs, molasses, water and lemon juice and add to dry ingredients. Pour into buttered pudding mould; cover and steam for 3 hours. Serves 8. Prunes may be used instead of figs.

Steamed Fruit Pudding

- | | |
|--|---|
| 1 cup raw potatoes grated fine, or
put through food chopper | $\frac{1}{2}$ tsp. cloves |
| 1 cup grated carrot | 1 tsp. nutmeg |
| $\frac{1}{2}$ cup chopped suet | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cup brown sugar | 1 tsp. soda, dissolved in $\frac{1}{2}$ cup
of boiling water |
| 1 cup flour sifted with | 1 cup dried fruit |
| 1 tsp. cinnamon | |

(Dried fruit may consist of raisins, half raisins and currants, half dried apples and half prunes, steamed slightly and run through the food chopper; or any of these combined with figs, dates, peel or marmalade.)

Method: Combine potatoes, carrots, chopped suet and sugar. Add soda dissolved in hot water. Add dry ingredients, and lastly fruit which has either been washed in hot water or steamed slightly to soften. Place pudding in greased pudding bowl and steam for 2 hours. Serve with cream or any pudding sauce. Serves 6 generously.

Variation: $\frac{1}{2}$ cup cooked pumpkin in place of carrots.

Dark Pudding

- | | |
|-------------------------------|--|
| $\frac{1}{4}$ cup brown sugar | $\frac{1}{4}$ tsp. salt |
| 2 tbsps. shortening | $\frac{1}{2}$ cup molasses (fill rest of cup
with cold water) |
| 1 egg | 1 tsp. soda |
| $\frac{1}{2}$ tsp. cinnamon | $1\frac{1}{2}$ cups flour |
| $\frac{1}{4}$ tsp. nutmeg | May add $\frac{1}{2}$ cup raisins |
| $\frac{1}{2}$ tsp. ginger | |

Method: Cream shortening and sugar, add egg (unbeaten), blend well. Add spices and soda to molasses and water. Add flour and salt and blend. Steam $1\frac{1}{2}$ hours. Serve with sauce.

Raisin Dumpling Pudding

- | | |
|--|---|
| $1\frac{1}{2}$ cups raisins, rhubarb or 5 large
apples | 4 cups water |
| 1 cup sugar (if raisins are used
$\frac{1}{2}$ cup sugar is sufficient) | Pinch of salt |
| | $\frac{1}{4}$ tsp. nutmeg |
| | Juice of $\frac{1}{2}$ lemon if raisins are
used |

Boil until fruit is tender. Then add dumplings mixed as follows:

- | | |
|----------------------|--------------------|
| 1 cup flour | Pinch of salt |
| 1 tbsp. sugar | 1 scant cup milk |
| 2 tsp. baking powder | 1 tbsp. shortening |

Drop in large spoonful on top of fruit mixture and cook 20 minutes without lifting the lid.

Rhubarb will take the taste of any other fruit without imparting any of its own. A little steamed rhubarb in pies or puddings with other fruit will hardly be detected.

Fruit Upside-Down Cake

$\frac{1}{4}$ cup vegetable shortening	$\frac{1}{2}$ cup fruit juice
$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar (depending on fruit)	2 tsps. baking powder
1 egg	$\frac{1}{2}$ tsp. salt
	$1\frac{1}{2}$ cups flour

Method: Cream shortening, sugar and egg. Add fruit juice alternately with sifted dry ingredients, blending thoroughly. Melt $\frac{1}{4}$ cup shortening, add $\frac{1}{4}$ cup brown sugar. Place home canned fruit in bottom of skillet with shortening and brown sugar. Pour cake batter over. Bake in moderate oven 350 degree F. (Can be made in individual muffin tins). Sliced oranges may be used.

Baked Caramel Pudding

Mix in small casserole:

$\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ cup flour
 2 tbsp. brown sugar
 Pinch of salt

Pour over this batter:

$\frac{1}{2}$ cup brown sugar and
 1 cup boiling water (mixed)
 Vanilla or lemon flavoring

Vanilla
 Enough milk to make soft batter
 Few dots of butter on top
 OR

$\frac{1}{2}$ cup maple syrup and
 $\frac{1}{2}$ cup water
 or
 $\frac{1}{2}$ cup corn syrup and
 $\frac{1}{2}$ cup water

Bake in fairly hot oven about one half hour.

**The
 English
 Shop**

Direct Importers
 BURBERRY COATS - JAEGER COATS - BRAEMAR
 SWEATERS - BEESWING HATS - RIDING TOGS
 ENGLISH GLOVES - MUNROE TWEEDS
 VIYELLA SHIRTS
CALGARY, CANADA

FLOWERS *for all occasions*

STANLEY HENDERSON
FLORIST

Phone--M 9266

814 FIRST STREET WEST, CALGARY

Your Beauty Centre

Isabelle & Ramsey

513--9th Street West

Phone--M 9029

Jam Crumb Dessert

$\frac{1}{4}$ cup butter (or shortening)	(raspberry, loganberry, etc.)
$\frac{2}{3}$ cup sugar	1 cup flour
1 tsp. vanilla	$1\frac{1}{2}$ tsp. baking powder
1 egg, well beaten	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup thick jam	$\frac{1}{3}$ cup milk

Cream butter, sugar and vanilla together until fluffy. Add egg, beating until smooth. Sift dry ingredients and add to creamed mixture alternately with milk. Pour into greased 8" pan, spread jam over batter and sprinkle with crumb topping. Bake 30 minutes at 375 deg. Serve warm. Serves 6.

CRUMB TOPPING

2 tbsp. brown sugar	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{4}$ cup flour	2 tbsp. butter

Mix all ingredients together until they form a crumblike mixture. Can be used cold, as a cake, cut in squares.

Dried Apple Brown Betty

Soak dried apples overnight. Cook. Add sugar, syrup or honey to taste. Place in casserole layer of dried bread crumbs, layer of apples then raisins, cinnamon and cloves. Repeat. Pour on juice from apples. Bake in moderate oven about 40 minutes. Serve with sauce or thin cream.

Apple Oatmeal Squares

1 cup flour	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ tsp. salt	$2\frac{1}{2}$ cups sliced apples
$\frac{1}{2}$ tsp. soda	2 tbsp. butter
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup corn syrup or honey
1 cup quick cooking rolled oats	

Sift flour, salt, soda and brown sugar together. Add oats cut in shortening. Spread half the mixture in a greased 7 x 11 pan. Arrange sliced apples over crumb mixture, dot with butter and drizzle with corn syrup or honey. Cover with remaining mixture. Bake at 350 degrees 40 to 45 minutes. Cut in squares and serve warm with lemon sauce. May be served cold as a cookie.

Topsy Turvy Apricot Pudding

2 tbsp. shortening	1 egg
2 tbsp. sugar	$\frac{1}{3}$ tsp. salt
$1\frac{1}{2}$ cups sifted flour	1 tsp. baking powder
$\frac{1}{2}$ cup apricot juice	$\frac{1}{2}$ tsp. ginger

Cream shortening and sugar, add egg and beat well. Sift dry ingredients, and add alternately with apricot juice. Put 4 tbsp. butter melted, $\frac{1}{2}$ cup brown sugar, $\frac{1}{8}$ tsp. salt, in 8x8 inch pan. Arrange apricots over this. Cover with batter. Bake at 350 deg. for $\frac{1}{2}$ hour. Turn out while warm.

Quick Dessert

Cover bottom of pie plate with $1\frac{1}{2}$ lbs. stewed plums. Sprinkle over them about 12 Dad's Cookies crushed and $\frac{1}{2}$ tsp. cinnamon. Then top with $\frac{1}{4}$ cup brown sugar. Heat in moderate oven until sugar has melted. This takes about 20 minutes in 350 degree F. oven. This makes a nice hurry-up dessert.

Prune Whip

$\frac{1}{4}$ cup cold water
 1 tbsp. gelatine
 $\frac{3}{4}$ cup hot prune juice
 1 cup cooked prune pulp
 2 tbsp. lemon juice

$\frac{1}{2}$ cup sugar
 2 egg whites
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{4}$ tsp. salt

Pour cold water into bowl and sprinkle gelatine on top. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Cool and when mixture begins to thicken fold in stiffly beaten egg whites. Turn into mould that has been rinsed in cold water or into sherbet glasses. Chill, serve with or without cream.

Rhubarb Sherbet

20 marshmallows
 1 cup thick sweetened rhubarb
 $\frac{1}{3}$ cup water
 3 tbsp. lemon juice

1 tbsp. sugar
 $\frac{1}{4}$ cup egg whites
 Few grains salt

Place the marshmallows, rhubarb juice and water in a double boiler and heat, stirring frequently, until marshmallows are melted. Remove from the stove and add lemon juice and half of the sugar. Pour into freezing tray as soon as cool and chill in freezing unit until mixture has the consistency of thick mush. Remove, add egg whites whipped stiffly, with the remainder of the sugar and salt. Return to freezing unit.

Strawberry Stretcher

1 cup mashed strawberries
 (pulp and juice)
 $\frac{1}{2}$ cup sugar

$\frac{3}{4}$ tbsp. gelatine
 1 cup rich top milk whipped
 4 tbsp. cold water

Soak gelatine in cold water and dissolve over hot water. Add gelatine to strawberry juice and let it cool and partially set. Beat sugar into whipped milk and fold into gelatine mixture. Save a few whole strawberries for garnishing.



"WHERE THE BEST DRESSED
LADIES' SHOP"

☆☆☆

818--1st STREET WEST, CALGARY

Phone--M 9868

PERMANENTS - Individual Hair Styling - FINGER WAVES

NEW TREND BEAUTY SALON

ANDY ANDERSON, Prop.

Phone M2838 for appointment

638--17th Avenue West

PUDDING SAUCES

Caramel Sauce

$\frac{1}{2}$ cup brown sugar	1 tsp. vanilla
2 tbsps. cornstarch	$\frac{1}{8}$ tsp. salt
1 tbsp. butter	2 cups boiling water

Combine sugar and cornstarch, add butter, place in saucepan and stir until very brown. Add water and flavoring, cook until thickened.

Maple Nut Hard Sauce

$\frac{3}{4}$ cup maple syrup	$\frac{1}{4}$ tsp. vanilla
2 tbsps. butter	$\frac{1}{2}$ cup chopped nut meats

Cook syrup and butter to soft ball when tested in cold water. Remove from fire, add vanilla and nuts. Serve hot or cold on ice cream or pudding.

Fluffy Sauce

1 cup milk	1 egg yolk
1 tbsp. sugar	Flavoring

Scald milk. Beat egg yolk, add sugar with a little of the hot milk and combine well. Add milk slowly and cook over low heat, stirring constantly until thickened. When cool add vanilla and stiffly beaten egg whites.

Lemon Sauce

$\frac{1}{2}$ cup sugar	1 tbsp. butter
1 tbsp. cornstarch	$\frac{1}{4}$ cups boiling water
2 tbsps. lemon juice	Grated lemon rind
Few grains of salt	

Grate off a little of the lemon rind and add it to the water; boil for 5 minutes. Mix together the cornstarch, sugar and salt. Add the water gradually, while stirring constantly. Return to saucepan and cook until thickened. Remove to a low heat and cook for 5 minutes longer. Remove from fire, add lemon juice and butter. Serve hot.

Orange Sauce

For orange sauce, make same as lemon sauce using orange rind instead of lemon rind; reduce sugar to $\frac{1}{3}$ cup and lemon juice to 2 tsps. Add $\frac{1}{4}$ cup orange juice.

Fruit Sauce

For fruit sauce, make same as lemon sauce using only $\frac{1}{4}$ cup sugar and 2 tsps. lemon juice. Use 1 to 1 $\frac{1}{4}$ cup syrup drained from cooked fruit instead of the water.

Brown Sugar Sauce (serves 10)

1 cup brown sugar	1 tbsp. cornstarch
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup cold water
2 cups boiling water	1 tsp. vanilla

Boil brown sugar and butter until brown. Add boiling water. When sugar has dissolved thicken with cornstarch which has been mixed with cold water. Continue boiling and stirring until smooth. Add vanilla.

Chocolate Fudge Sauce

$\frac{1}{2}$ cup sugar	1 tbsp. butter
1 $\frac{1}{2}$ squares chocolate	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup boiling water	2 tbsps. corn syrup

Melt chocolate in double boiler, add butter, corn syrup, boiling water and sugar. Stir constantly. Finish boiling over direct heat for 3 minutes. Add vanilla. This may be served hot or cold.

MAHOOD'S DRUG STORE

The Rexall Store

For Prompt Delivery
Telephone--W 4787

FOR THE WEST END
1407--11th STREET WEST



**We've Geared Our
Services to meet your
Wartime fashion needs**

Today women are playing their greatest role in history to help win this war . . . and we, the store that has served Miss and Mrs. Calgary satisfactorily for years, strive to help you by assembling the widest selection of fashions . . . fashions with emphasis on quality and good taste at prices to fit your Wartime Budget.

The Parisian

» LADIES WEAR «

106 Eighth Avenue East Phone - M 4315

WEST END HARDWARE

Telephone W4466 Cor. 17th Ave. - 14th St. W.

COOK TO WIN



COOK TO WIN

BOOKBINDING

**BIBLES, HYMNALS, MUSIC and MAGAZINES
REPAIRED and REBOUND EXPERTLY.**

KNIGHTS BINDERY LTD.

605-607 Centre Street

CALGARY

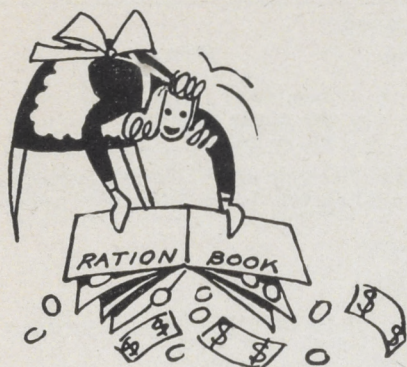
M E M O

The Curl Shoppe . . .

FOR NEW HAIR BEAUTY

Phone--E 5253

1336B--9th AVENUE EAST



Pies, Pastry

Standard Pastry

1½ cups sifted flour
¼ tsp. baking powder
½ tsp. salt

½ cup shortening
¼ cup ice water

Sift flour, baking powder and salt. Cut in shortening with finger tips, dough blender or two knives. Add ice water to flour mixture. Roll dough on floured board or wax paper, using enough dough for one crust at a time. Roll with light, swift touch, always rolling outwards from centre. Bake pastry shells at 425 to 450 degrees. When uncooked fruit fillings, such as apple are used, put pie into oven at 425 to 450 degrees and reduce heat until 350 degrees is reached.

Hot Water Pastry

1 cup lard
½ cup boiling water
1 tsp. salt

3 cups flour
1 tsp. baking powder

Cream the lard and beat in with the boiling water. Cut in the sifted dry ingredients. Chill thoroughly in ice box before using. May be kept in ice box and used as needed.

Lemon Pie

1 lemon (rind and juice)
1 cup water
¼ cup white sugar

2 eggs
½ pkg. lemon jelly powder

Bring water to boil, add sugar, rind and juice of lemon, and egg yolks well beaten. Cook about 2 or 3 mins. and pour over ½ pkg. of lemon jelly powder. Cool and fill cooked pie shell. Let stand until jelly sets. Use the following meringue as the pie cannot be returned to the oven to cook the meringue or the jelly will melt again: **Meringue:** Put 2 unbeaten egg whites, ¼ cup sugar, 2 tbsps. water, pinch of salt in top of double boiler and mix thoroughly. Place over boiling water, beat with dover beater one minute. Remove from heat and beat until mixture stands in peaks.

Lemon Pie

¾ cup white sugar
½ cup cold water
5 level tbsps. cornstarch
1½ cups hot water

2 egg yolks, slightly beaten
½ tsp. salt
Juice and rind of 1 lemon

Mix cornstarch with cold water. Add sugar and salt to hot water and bring to a boil. Combine this hot mixture with cornstarch and return to double boiler and cook until it thickens. Then add lemon juice and rind. Remove from fire and beat in carefully egg yolks and return to double boiler and cook for about five minutes. Pour into baked pie shell, cover with meringue made from the egg whites beaten stiff to which has been added 2 tbsps. of sugar, 1 tbsp. at a time. Marshmallows may be cut and added to the meringue if desired. Bake in a slow oven 20 minutes.

Raisin Pie

- | | |
|-------------------------------|---------------|
| 1½ Cups seeded raisins | 1 tbsp. flour |
| 1½ cups boiling water | ½ cup sugar |
| Grated rind and juice ½ lemon | 1 tsp. butter |

Cook raisins in boiling water until tender. Mix flour and sugar, add to the raisins, stirring until thick. Add lemon and butter. Cool slightly before placing in pastry. Bake between two crusts.

Apple Pie

- | | |
|------------------------------|------------------|
| 2 tbsps. flour | ⅓ cup honey or |
| 2 tbsps. white sugar | ½ cup corn syrup |
| 3 cups peeled, sliced apples | 1½ tbsps. butter |

Mix flour and sugar and sprinkle half in a pastry lined pie plate. Fill pie plate with apples and drizzle with honey or corn syrup. Sprinkle the remaining sugar and flour mixture over top and dot with butter. Put on top crust and bake as usual.

Mock Cherry Pie

- | | |
|--------------------|----------------|
| 2 cups cranberries | 1 tbsp. flour |
| 1 cup raisins | ½ tsp. salt |
| 1 cup sugar | 1 tsp. vanilla |

Cover cranberries and raisins with water and cook 20 minutes. Combine sugar, flour, salt, vanilla and add to the cooked fruits. Return to heat and cook until thick, stirring constantly. Bake in uncooked pie shell. Cover with lattice top.

Ritz Rhubarb Pie

- | | |
|---------------------------------|---------------------------------|
| 1½ tbsps. quick cooking tapioca | 1 tbsp. melted shortening |
| 1 cup corn syrup | 4 cups rhubarb cut in ½" pieces |
| 1 tsp. grated orange rind | |

Combine all above ingredients and let stand 15 minutes. Put in unbaked pastry shell, cover with lattice top and put in hot oven 450 degrees F. Immediately lower heat until 350 degrees and bake 45 minutes or until rhubarb is tender.

It's a Feather in
Your Hat to Wear

LACEY'S
MILLINERY

LACEY'S MILLINERY
from \$4.95

as shown in Canadian and American Style Centres
327 Eighth Avenue West - Calgary
(Next to Heintzman's)

Greeting Cards for Every Occasion - - -

Latest Library Books Arriving Daily

World Lending Library & Card Shop

M 3262 208--8th Ave. West, Calgary (above World News)

Basic Cream Pie

2 cups milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ tsp. salt

2 tbsps. cornstarch
 2 eggs
 Vanilla

Heat the milk in a double boiler. Mix sugar, salt and cornstarch. Separate the eggs, add beaten yolks and mix well. Add hot milk to this mixture a little at a time. Return to double boiler and cook until it thickens. Remove from fire and carefully add stiffly beaten egg whites. Pour into a cooked shell and brown in slow oven 325 degrees F. about 15 minutes.

VARIATIONS

Butterscotch Pie

Substitute brown sugar for white and make the cream pie recipe.

Orange Pie

Before adding the stiffly beaten egg whites, add the finely cut sweet orange, one if large, two if quite small.

Banana Pie

Cover cooked pie shell with sliced bananas. Slightly cool cream pie recipe and pour over bananas. This is nicer not browned unless you like bananas partly cooked.

Chocolate Chip Pie

Chop fairly fine $1\frac{1}{2}$ ozs. semi-sweet chocolate and add to cream pie recipe before you add stiffly beaten egg whites.

Custard Pie

4 egg yolks
 5 tbsps. sugar
 $\frac{1}{8}$ tsp. salt

2 cups milk
 $\frac{1}{8}$ tsp. nutmeg
 1 - 9" baked pie shell

Mix egg yolks, sugar and salt thoroughly. Add milk and nutmeg and stir well. Turn into a well oiled and floured 9-inch pie plate. Bake at 275 degrees F. until firm (approximately $1\frac{3}{4}$ hours). (To test: insert a silver knife in centre of custard. If custard is cooked, the knife comes out clean). Chill thoroughly. Combine by removing custard to a waxed paper covered cookie sheet, fitting cooked pie shell over it, and replacing in pie plate.

Pumpkin Pie (1 large pie)

2 eggs
 $1\frac{1}{2}$ cups strained pumpkin
 $\frac{3}{4}$ cup honey
 1 tsp. cinnamon

$\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ cups milk
 1 tsp. ginger

Beat eggs until light. Combine pumpkin, honey, salt, cinnamon and ginger and add to eggs. Then add milk. Pour filling into unbaked pie shell and bake in slow oven until firm.

Pumpkin Pie

Filling for 2 pies (If making one pie use half the quantity but two eggs).

1 pint milk
 2 cups pumpkin or squash
 1 cup sugar
 1 cup corn syrup

3 eggs, beaten separately
 $\frac{1}{2}$ tsp. salt
 1 tbsp. ginger
 1 tsp. cinnamon

Combine pumpkin, sugar, beaten egg yolks, spices, salt and corn syrup and beat well with dover beater. Add the milk and stiffly beaten egg whites. Bake in a moderate oven until the custard is firm in the centre, about $\frac{3}{4}$ to 1 hour.

Pumpkin Butterscotch Pie (2 pies)

- | | |
|---|--|
| 1 pkg. butterscotch pudding | 2 rounded tbsp. golden syrup |
| 2 cups milk | $\frac{1}{4}$ to $\frac{1}{2}$ tsp. cloves |
| $1\frac{1}{2}$ cups pumpkin (1 small tin) | 1 scant tsp. ground ginger |

Make pudding as directed on package. Mix pumpkin, syrup and spice. Add to pudding, cook about ten minutes, stirring constantly. Cool and pour into baked pie shell. This mixture thickens when cold. Cut marshmallows may be used as a topping.

Buttermilk Pie

- | | |
|-------------------------------|-------------------------|
| 2 eggs | $\frac{1}{2}$ tsp. soda |
| $\frac{3}{4}$ cup white sugar | 2 cups buttermilk |
| 1 tsp. butter | 1 tsp. lemon extract |
| 1 tbsp. cornstarch | |

Beat the eggs, add sugar, butter and cornstarch. Dissolve the soda in the buttermilk and add to above mixture with the flavoring. Pour into unbaked pie shell and put in oven at 450 degrees F. and reduce heat immediately to 350 degrees. This makes two pies.

Don't wait for Victory - Invest in it.

**Domestic
Shortening**
WITH THE BUTTER SHORTAGE
**Now is the Time to
Switch to**
"DOMESTIC"
FOR ALL YOUR BAKING
CAKES PIE COOKIES



COOK TO WIN

WEAR

“Smithbilt”

HATS

MEMO

WALLPAPERS

That Give You Rooms With Charm

CANADIAN INDUSTRIES LIMITED

Paints, Varnishes and Enamels

CROSSLAND and BEALE LTD.

“MINISTERS TO THE INTERIOR”

Phone--M 4344

102-104 SEVENTH AVENUE W.

Soup



Vegetable Chowder

Courtesy Miss R. Crealock, B.H.Ec.
Dietitian, Union Milk Co. Ltd.

2 potatoes
2 carrots
2 onions
1 cup canned tomatoes
 $\frac{1}{8}$ tsp. soda

1 tbsp. fat
1 tbsp. flour
1 cup milk
 $\frac{3}{4}$ tsp. salt

Cut potatoes and carrots fine, cook in salted water for 20 minutes, or until tender. Chop onions and fry in fat for 5 minutes. Add onions and tomatoes to the vegetable and bring to boiling point. Add the milk and seasoning and thicken with flour. Serves 6.

Oxtail Soup

$1\frac{1}{2}$ lb. oxtails
 $2\frac{1}{2}$ quarts water
1 onion
2 carrots
Salt to taste
1 cup turnip

2 potatoes (medium size)
3 stalks celery
1 can tomatoes or stewed
tomatoes.
 $\frac{1}{4}$ cup barley

Cover oxtails with water and cook for 2 hours. Add diced vegetables and cook for 30 minutes.

Scotch Broth

$\frac{1}{4}$ lb. barley (soaked overnight)
 $\frac{1}{4}$ lb dried green peas (soaked
overnight)
1 lb. mutton

2 or 3 chopped onions
3 grated carrots
1 grated small turnip
1 cup grated cabbage

Place mutton in roomy saucepan. Add 1 tbsp. salt, cover with 2 quarts of cold water and bring to boil. Skim thoroughly, add peas and barley and simmer for one hour. Then add vegetables and cook for another hour. Fifteen minutes before serving add bunch of chopped parsley.

Important Note for Soups

If you have salted the soup too much, cut slices of potatoes and place in the boiling soup for a few minutes. They will absorb the excess salt.

Home dried parsley is an excellent seasoning for home-made soups and has a high vitamin value.



Drink
HOMOGENIZED
Milk

**A RICH, NUTRITIOUS
MILK FOR WARTIME
FAMILY DIET**

Homogenized milk gives you the same richness from top to bottom of the bottle. A special pressure process breaks up the butterfat globules so that the cream remains evenly distributed and does not rise to top. Hence, Homogenized tastes much richer and creamier and adds extra flavor and goodness to your recipes . . . cereals, desserts, tea and coffee.

ASK YOUR UNION MILK COMPANY
DRIVER TO LEAVE A QUART, AND
TRY THIS* MILK - - - TOMORROW!



Union Milk
CO. LIMITED
Phone - M 4686

DAIRY DISHES
for HEALTH
and
ECONOMY

Pea or Bean Soup

- | | |
|-----------------------------------|---------------------------|
| 1 cup dried peas (split) or beans | Ham bone |
| 8 cups water | 2 tbsp. chopped parsley |
| 1 carrot | 1 tsp. salt |
| 1 large onion | $\frac{1}{8}$ tsp. pepper |

Wash peas and cover with water. Soak overnight. Put on to boil with the bone. Cook 2 hours. Add chopped onion and diced carrot. Boil $\frac{1}{2}$ hour longer. Add salt, pepper and parsley.

Bean Soup

- | | |
|----------------------------|---------------------------|
| 2 cups beans | $\frac{1}{8}$ tsp. pepper |
| 2 tbsp. onion (finely cut) | 2 tbsp. chopped parsley |
| 2 tbsp. bacon (finely cut) | 1 tsp. thyme |
| 1 tsp. salt | 3 tbsp. flour |

Soak beans in water over night. Drain and put into saucepan with 6 cups boiling water and boil slowly two hours, or until soft. Add onion and bacon which have been fried light brown; boil five minutes, add salt, pepper, parsley and thyme. Mash beans with back of spoon and add flour which has been mixed with a little cold water. Boil five minutes and serve.

Home Canned Tomato Soup (for storing)

- | | |
|--------------------------------|----------------------------|
| 6 quarts ripe tomatoes, cut up | 5 cloves |
| 7 bay leaves | $1\frac{1}{2}$ tsp. pepper |
| 7 sprigs parsley | 6 tsp. salt |
| 7 stalks celery | Pinch cayenne pepper |
| 3 large onions | |

Boil all together until soft. Put through sieve and return to boil. Add $\frac{1}{4}$ cup granulated sugar. Mix smooth 1 cup flour with $\frac{1}{4}$ lb. butter and thin with juice from boiling pot. Add to mixture and boil for three minutes, stirring constantly. Seal while hot. Before serving, dilute with water or milk.

Vegetable Soup

Cooking time $2\frac{1}{2}$ hours.

1 beef bone

1 onion

Cover with cold water, bring to boil and skim, simmer slowly for $1\frac{1}{2}$ hours. Then add the following vegetables, chopped fine, and cook 1 hour longer.

- | | |
|-----------------------|----------------------|
| 2 carrots | $\frac{1}{4}$ turnip |
| 2 parsnips | 2 potatoes |
| $\frac{1}{4}$ cabbage | 1 tsp. salt |

Barley Soup

Cooking time $2\frac{1}{2}$ hours.

1 beef bone

1 onion

$\frac{3}{4}$ cup barley

1 tsp. salt

Put above ingredients in soup pot and cover with cold water. Bring to boil and skim. Simmer $2\frac{1}{2}$ hours. For variation, 1 tsp. salt, $\frac{3}{4}$ cup rice and 2 carrots, chopped, may be used.

Standard Proportions For White Sauce

Sauce	Liquid	Thickening	Fat	Seasoning
No. 1 Thin	1 cup	1 tbsps.	1 tbsps.	$\frac{1}{2}$ tsp. salt
No. 2 Medium	1 cup	2 tbsps.	2 tbsps.	$\frac{1}{2}$ tsp. salt
No. 3 Thick	1 cup	3 tbsps.	2 tbsps.	$\frac{1}{2}$ tsp. salt

METHOD

1. Melt shortening in double boiler, add flour and seasonings. Stir until smooth. Add heated milk slowly. Bring to a boil stirring constantly and cook for ten minutes.
2. Heat milk. Add fat to heated milk. Mix flour with enough cold milk to make a smooth paste the consistency of heavy cream. Pour into heated milk and stir constantly.

Cream of Carrot Soup

3 carrots	2 cups milk
1 onion	Salt and pepper
2 tbsps. butter	$\frac{1}{4}$ tsp. curry-powder (optional)
2 tbsps. flour	Chopped parsley

Cook carrots until tender. Drain off water and measure 2 cups. Mash the carrots very fine. Melt butter and add onion (minced). When it is tender, add the flour and blend well. Add milk and carrot water and cook until mixture thickens. Add mashed carrots, seasonings and curry-powder. Heat to boiling point. Add chopped parsley at last moment before serving.

Cream of Celery Soup

3 cups celery, cut in $\frac{1}{2}$ " pieces	3 tbsps. butter
1 pint boiling water	$\frac{1}{4}$ cup flour
$2\frac{1}{2}$ cups milk	Salt and pepper
1 slice onion	

Cook celery in boiling water until soft and rub through sieve. Scald milk with onion, remove onion. Make a white sauce of the flour, butter, salt, pepper and scalded milk. Add to sieved celery. Serve piping hot. Serves six. Outer and old stalks of celery may be used for soup.

Cream of Lima Bean Soup

1 cup lima beans	1 onion (cut in pieces)
1 carrot (cut in pieces)	Salt and pepper

Soak beans overnight then rinse. Add vegetables and seasonings and boil slowly until very soft. Rub through sieve and add milk to consistency desired. Add 2 tbsps. bacon fat or dripping. Reheat and serve.

Cream of Tomato Soup

2 cups cooked tomatoes	1 tsp. salt
$\frac{1}{4}$ tsp. soda	$\frac{1}{8}$ tsp. pepper
2 cups thin white sauce	1 slice onion

Heat tomatoes and onion to boiling; cook if not very soft. Press through sieve, add soda. Make a thin white sauce according to standard rule. Immediately before serving pour the tomato into the white sauce.

Cream of Potato Soup

$1\frac{1}{2}$ cups hot riced potatoes or one cup mashed	1 small onion
2 cups potato stock or 2 cups milk	$\frac{1}{4}$ tsp. celery salt
2 cups thin white sauce	1 tbsps. chopped parsley

Scald milk with the onion and add slowly to potatoes. Add thin white sauce and celery salt. Strain and add parsley. Serve hot.



COOK TO WIN

PEARL ASSURANCE CO. LTD.

of London, England

FIRE & CASUALTY

ALBERTA BRANCH OFFICE - CALGARY

Z. W. DEAN, Branch Manager.

LADIES

LADIES

For Your Afternoon Pleasure and Exercise

GO

BOWLING at GIBSON'S

Recreation

95-231

GIBSON'S RECREATIONS LIMITED

Academy

95-111

WILLIAMS BROTHERS LTD.

Goods are scarce but

Our Service Still Lasts.

It's the Store behind the ad that counts.

117--10th AVENUE WEST

CALGARY, ALBERTA

ONTARIO LAUNDRY LIMITED

LAUNDRY
AND

Phone--M 7931



DRY
CLEANERS

CALGARY

Salads



Stuffed Cucumber Salad

Courtesy Margaret J. McNiece, B.H., Sc.

Home Service Director, Radio Station CFAC

- 3 short, chunky cucumbers
- 1 cup cucumber pulp
- Salt, pepper, paprika
- 1 cup cooked peas
- Lettuce

- 1 cup minced cooked chicken or leftover meat
- 2 tomatoes (cut in slices)
- Salad dressing

Pare cucumbers and cut slice from each end. Cut cucumbers in halves crosswise. Scoop out centres making thin-shelled cups. Chill thoroughly. Combine scooped-out cucumber pulp, peas and chicken. Season to taste and moisten with salad dressing. Mix lightly with two forks. Fill cucumber cups with the mixture. Stand each cup on a slice of tomato on a bed of lettuce. Put a dab of mayonnaise or salad dressing on top of stuffing and garnish with paprika.

Moulded Grapefruit Salad

- 1½ tbsp. gelatine
- ½ cup boiling water
- ½ cup sugar
- 1 cup apple or celery (cut in cubes)

- ½ cup pecans (broken in pieces)
- ¼ cup cold water
- 2 cups grapefruit (pulp and juice)

Soak gelatine in cold water five minutes. Add boiling water and sugar. Stir until dissolved. Add apple, grapefruit, nuts. Mix thoroughly. Put into individual moulds which have been dipped in cold water. Chill thoroughly. Unmould on lettuce leaves. Garnish with dressing and whole pecans.

Spring Luncheon Salad

- 1 cup cooked new peas
- 1 cup shredded raw carrots
- 1 cup finely diced Swiss cheese
- ¼ cup French dressing

- 1 tsp. sugar
- ½ tsp. salt
- 1 tsp. scraped onion juice

Mix vegetables and cheese. Blend French dressing, sugar, salt and onion juice. Pour over vegetables and let marinate in refrigerator until vegetables are chilled. Serve in large cups of lettuce.

Harlequin Loaf Salad (serves 10 or 12)

Soak four tablespoonfuls of gelatine in one cupful of cold water, dissolve in four cupfuls of hot consomme or clear broth, add three tablespoonfuls of lemon juice. Cool and when slightly set, divide into four equal portions. To the first, add a cupful of minced chicken; to the second, one and one-half cupfuls of cold green peas; to the third, one cupful of minced cooked ham; and to the fourth, one and a half cupfuls of diced cucumber and a minced green pepper. Pour the chicken layer in a wet mold and allow to set. Add the other layers, one at a time, allowing each to set. Unmold on lettuce and garnish with hard cooked egg, tomato and cucumber, sliced or diced. This recipe fills a pan 9 x 5 x 3 inches. Ample for 10 portions.

Spruce Tree Salad

(A fruit salad for special company. To be served on individual salad plates. EASY to make, EASY on the pocketbook, and DEFINITELY EASY on the eyes).

6 large halves of pears	Finely chopped parsley
6 red maraschino cherries	3 dates
6 lettuce leaves	Salad dressing

Spread each pear half with salad dressing, then sprinkle with finely chopped parsley. Place on lettuce leaf on salad plate. Add tiny star cut from red cherry at small end of pear. Cut a date in half, and place at the base of pear, for trunk of tree. Chop remaining bits of cherries into tiny bits, and add to tree, for the bright tree lights. Serves six.

Mock Crab Salad

3 cups grated raw parsnips	1½ cups diced celery
¾ cup salad dressing or mayonnaise	1 onion
3 tbsp. lemon juice	⅓ cup sliced sweet pickles (or olives)

Prepare parsnips just before serving, and combine at once with salad dressing (or mayonnaise) and lemon juice. Add celery, minced onion, and pickles. Serve in lettuce-lined salad bowl. Garnish with hard-cooked egg slices. Serves 6.

Macaroni Salad

2 cups cooked macaroni	1 tbsp. minced onion
1 to 2 cups salmon (cooked)	Salt, paprika
1 cup chopped cucumbers	Mayonnaise

Bone and flake the salmon and mix it with the macaroni, the cucumbers and the minced onion. Season with salt and paprika and add enough mayonnaise to moisten the salad. Serve on a large platter covered with lettuce leaves and paprika and arrange sections of bright red tomato around the edges.

N.B.—To prevent a vegetable salad from becoming sodden when it has to stand for a few hours, place a saucer up-side-down on the bottom of the bowl before filling it. The moisture will run underneath and the salad will remain fresh.

War Savings Stamps are your investment in Victory.

Chicken Mousse Salad

- | | |
|-------------------------|--|
| 1 lemon jelly powder | $\frac{1}{2}$ cup Miracle Whip dressing |
| 2 cups hot water | $1\frac{1}{2}$ cups diced chicken (or ham) |
| 1 tbsp. lemon juice | 1 cup chopped celery |
| $\frac{1}{8}$ tsp. salt | |

Dissolve jelly powder in hot water. Add lemon juice and salt. Let cool until jelly clings to side of bowl. Then whip in salad dressing, add chicken and celery. Put into individual moulds (or one large mould) which have been dipped in cold water. Chill thoroughly, unmold on crisp lettuce or watercress.

Red Cabbage Salad

Cover 3 cups finely shredded red cabbage with cold water for 1 hour. Drain and add 1 cup diced celery. Mix 3 tbsp. oil, 4 tbsp. minced parsley, $\frac{1}{4}$ cup minced watercress, 3 tbsp. tomato juice, 2 tbsp. minced onion, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper together and pour over cabbage and celery. Mix well, chill and serve.

Sour Cream Potato Salad

Combine 4 cups diced cooked potatoes, $\frac{1}{2}$ cup diced cucumber, 1 tbsp. minced onion, $\frac{3}{4}$ tsp. celery seed, $1\frac{1}{2}$ tsp. salt, and $\frac{1}{2}$ tsp. pepper. Toss together lightly. Separate yolks from whites of 3 hard-cooked eggs. Dice whites and add to potato mixture. Mash yolks and combine with $1\frac{1}{2}$ cups sour cream, $\frac{1}{2}$ cup mayonnaise, $\frac{1}{4}$ cup vinegar and 1 tsp. prepared mustard. Add to potatoes and toss lightly. Allow to stand 15 minutes. Garnish with crisp salad greens.

Tomatoes

Tomatoes make a most delicious salad. Wipe them, scoop out the centre from the stem end. Sprinkle the inside with salt and let stand in the refrigerator until ready to serve. Then drain and fill. Any of the following combinations make a suitable filling:

- 1—Cottage cheese, well seasoned and mixed with minced onion.
- 2—Chopped celery and cucumber, well seasoned and a dash of horseradish added.
- 3—Fish, chopped celery, chopped nuts and chopped sweet pickle.
- 4—Peas, celery chopped fine, shredded cabbage and pimiento.
- 5—Chicken salad, or any cold meat salad—veal, pork, lamb.
- 6—Mushroom, sweetbread and chopped cucumber salad.
- 7—Fill with vegetables (celery, carrots, cabbage, etc.), mixed with salad dressing. Serve on hearts of lettuce.
- 8—Diced equal quantities of cold cooked beets and raw apples. Mix well with salad dressing. Serve at once on lettuce.

A Stamp a Day Will Keep Hitler Away.

Salad Combination

Apple and chopped onion, salad dressing.
 Apple, carrot and celery, salad dressing.
 Orange, tomato on shredded lettuce.
 Cabbage, carrot and salad dressing.
 Beets, apples and salad dressing.
 Apples, peanuts, raisins and salad dressing.
 Cooked macaroni, apples, onion and salad dressing.
 Add raw shredded spinach to fresh vegetable salad.
 Shredded cabbage, diced orange, chopped nuts, salad dressing.
 Cottage cheese used with fruit is very delicious, and high in vitamin value.
 Cucumber slices soaked in sour cream (may use top milk soured with 1 tsp. vinegar).
 Serve as an accompaniment to cold meat.

Russian Dressing

1 tsp. mustard	2½ tbsp. vinegar
½ tsp. salt	2 cups salad oil
⅛ tsp. pepper	½ cup chili sauce (or tomato
⅛ tsp. paprika	chutney
1 egg	

Method: Mix mustard, salt, pepper and paprika. Then add egg and beat well, using egg beater. Add ½ cup oil very gradually (by teaspoon at first), beating all the while. Add 1 tbsp. vinegar and beat in well. Add more oil, thinning as the mixture thickens with remaining vinegar until all of both is used, beating continuously. Oil may be added rapidly near end.

Uncooked Mayonnaise

2 eggs	2 dessertspoons vinegar or lemon
1 tsp. mustard	juice
2 tsp. white sugar	2 cups petrolatum
1 tsp. salt	

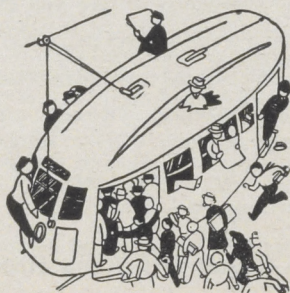
Method: Beat, add 1 cup liquid petrolatum very gradually; second cup may be added by half cupfuls.

Cooked Salad Dressing

2 eggs	1 cup milk
6 tsps. sugar	1 tsp. mustard
2 tsps. flour	Few grains cayenne pepper
1 tsp. salt	½ cup vinegar

Method: Mix dry ingredients, add eggs and milk, then gradually add the vinegar. Cook over hot water until thickened. Add a tsp. butter or salad oil and cool.

**Make it
 Snappy
 Home by
 Four**



**You Can
 Help to
 Win
 The War**



COOK TO WIN

SHOP IN
EATON'S
BIG FOODATERIA

for your Groceries, Meats and Fish,
Fruits and Vegetables

and see our

Attractive Assortments of
COOKING UTENSILS

ENAMELWARE - in the Lower Floor
Hardwares

PYREX WARE - in the China, 4th Floor.



"IT PAYS TO SHOP AT EATON'S"

THE **T. EATON** C^o
WESTERN LIMITED
CALGARY CANADA

Telephone M 85

SANDWICHES



Sandwich Spreads

Courtesy Helen G. Campbell,
Chatelaine

Scramble Egg Filling

1. Scramble egg mixture, and shortly before removing from the pan add 1 tbsp. of grated cheese, 1 tbsp. of chopped parsley, or 1 tbsp. chopped onion.
2. Minced cooked liver, a little diced bacon, chopped celery, a little ketchup or salad dressing to moisten.
3. Cottage cheese and diced green pepper mixed with a little salad dressing.
4. Cold sliced tongue and tomato slices.

Sandwich Spread

$\frac{1}{4}$ cup butter	2 tbsps. flour
$\frac{1}{4}$ cup shortening	1 tbsp. mustard
3 eggs, well beaten	1 tsp. salt
$\frac{1}{2}$ cup white sugar	

Method: Cook over boiling water and add scant cup vinegar and $\frac{1}{2}$ cup milk. Add $\frac{1}{2}$ lb. nippy cheese, grated, or $\frac{1}{2}$ lb. medium cheese, grated. Cook until thick. Makes 1 quart. Keeps indefinitely.

Butter Stretchers

No. 1—

1 egg yolk (beaten with fork)	Speck of salt
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ lb. butter

Heat milk. Add egg yolk and salt. Cook over hot water until mixture coats a silver spoon. Chill. Beat well into softened butter.

No. 2—

1 envelope gelatine	1 pint milk (top)
1 lb. butter	1 tsp. salt

Method: Soften gelatine in $\frac{1}{4}$ cup milk, place in dish of hot water until dissolved. Soften butter over hot water. Whip gelatine and milk into butter. Beat well.

No. 3—

In all of the butter mixtures it is very important that both butter and the substitute fats be of the right consistency. The fats should be definitely soft, but not oily. If the fats are too hard, the mixture will not be smooth but will be of the consistency of cottage cheese.

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ lb. lard, blending shortening or vegetable shortening
$\frac{1}{4}$ tsp. salt	

Method: Beat the butter with a fork until it is smooth and fairly fluffy; add the soft shortening or lard, a little at a time, and beat it in, adding the salt at the same time. When smooth, store in a covered container. Keep cool. Excellent for all baking purposes. Remember that both fats should be soft enough to beat easily with a fork.

Sausage Spread

- | | |
|-----------------------|-------------------------------|
| 1 cup chopped bologna | 1 tbsp. relish |
| 2 minced eggs | 1 tbsp. finely chopped onion. |
| 2 cups chopped celery | |

Add enough well seasoned salad dressing and 1 tbsp. of tomato catsup. Mix well and spread.

Bacon and Chicken Sandwich

Make a cream sauce of $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup flour and 2 cups milk. Season with $\frac{1}{2}$ tsp. Worcestershire sauce and $\frac{1}{2}$ tsp. salt, and add $1\frac{1}{2}$ cups cubed cold chicken (or turkey), $\frac{1}{2}$ chopped pimento and $\frac{1}{2}$ cup chopped celery. Heat thoroughly and serve over toast with 2 strips of bacon crossed over the top. Garnish with crisp, green bread-and-butter pickles.

Mock Chicken Salad Sandwich

(Especially good for children's lunches)

- | | |
|---|---|
| 1 cup coarsely ground cooked
pork or veal | $\frac{1}{2}$ cup finely chopped celery |
| $\frac{1}{2}$ cup either finely chopped or
shredded raw carrot | 2 tbsp. pickle relish |
| | 3 tbsp. mayonnaise |
| | Salt to taste |

Mix all ingredients thoroughly and spread between slices of white or whole wheat bread which have been spread with mayonnaise. Leaves of lettuce may be placed between the sandwiches, but not desirable when to be packed for any length of time.

NOTE:—This filling is exceptionally good for stuffing tomatoes.

Dutch Spread

- | | |
|-----------------------------|--------------------|
| 1 cup fresh cottage cheese | 2 tbsp. mayonnaise |
| 1 tsp. minced onion | Dash of cayenne |
| 2 tbsp. minced green pepper | |

Combine ingredients and spread on bread.

Cucumber and Onion Sandwich

- | | |
|---|-----------------------------|
| $\frac{3}{4}$ cup diced cucumbers | 1 tsp. salt |
| $\frac{1}{4}$ cup green onions, chopped | $\frac{1}{2}$ tsp. sugar |
| $\frac{1}{4}$ cup celery, diced | $1\frac{1}{3}$ tsp. vinegar |

Combine the ingredients well. Spread between buttered slices of whole wheat bread.

Tomato Spread (canned)

- | | |
|-------------------------------|---------------------|
| 12 large tomatoes (2 baskets) | 2 sweet red peppers |
| cook and put through strainer | 3 large onions |
| 2 small hot peppers | |
| 2 green peppers | |

Chop peppers and onion, add to pulp. Cook until tender. Then add the following, well mixed:

- | | |
|---------------------------|-------------------------|
| 1 cup white sugar | 1 cup vinegar |
| 5 tsp. mustard | $\frac{3}{4}$ cup flour |
| 1 tsp. salt (or to taste) | |

Cook for about 10 minutes, stirring constantly. Seal in sterile jars. Makes about six pints. **This recipe keeps well.** Can be used alone or with additions of meat, grated cheese, pickle, etc. Is good for plain or toasted sandwiches.

Liver Sandwiches

Cook 20 ozs. of calves' liver and put it through the food chopper. Add:

- | | |
|-----------------------|----------------------------------|
| 2 tbsp. melted butter | 1 tbsp. minced onion |
| Salt and pepper | 3 tbsp. water in which liver was |
| ½ tsp. mustard | cooked |

Combine and pack in buttered glasses. Use as needed.

Sandwich Spread

- | | |
|-------------------------------------|-------------------------------|
| 1 cup chopped cooked ham or bologna | ½ cup salad dressing |
| 2 tbsps. wheat germ | Celery salt or onion salt, if |
| ¼ cup relish | desired. |

Sandwich Spread

- | | |
|----------------------|--------------------|
| ½ lb. bologna | 2 hard boiled eggs |
| 1 tsp. chopped onion | |

Grind together, add mayonnaise.

Sandwich Spread

- | | |
|---------------------|------------------|
| ½ lb. of spiced ham | ½ lb. of bologna |
|---------------------|------------------|

Grind together, add mayonnaise. Pickle may be added if desired.

Savoury Spreads

1. Chopped celery and hard-cooked egg, moistened with mayonnaise.
2. Finely chopped onion and cream cheese, with crisp lettuce.
3. Left-over baked beans, mashed, seasoned with chopped celery and salt and moistened with salad dressing. Use brown or white bread.
4. Chopped bacon and eggs (boiled).
5. Onions and radishes, salad dressing.
6. Spanish onion and orange. Slice thin.
7. Honey and soyhart, equal parts.
8. Hard-boiled eggs, chives and salad dressing.
9. Liver sausage and lettuce, moisten with salad dressing.

HOSPITALITY IS NOT RATIONED

Don't Forget To Share Your Home With The Armed Forces.
Overnight and week-end accommodation is greatly appreciated by
members of all the Services.

Phone--R 1333

HOSPITALITY COMMITTEE, Y.M.C.A.

Notes From The Blood Donor Clinic

Mrs. Hugh Bonham, R.N., Supervisor.

Since our opening in January many people have visited our clinic. A surprising number of women have been rejected because of their having secondary anaemia (insufficient red blood cells). This condition was unknown to them at the time. We provide them with a diet list of foods rich in iron and invite them to come back in a few months time for another checkup if they wish.

In most cases secondary anaemia can be corrected by diet; liver, kidney and heart being the outstanding sources of iron. Many people state that they dislike these foods but if they turn to the recipes in this book they will see some very interesting ways of cooking these foods, and find that they can be most palatable. The following is a further list of foods rich in iron:

Red Meats
Onions
Green Leafy Vegetables

Whole Grain Cereals
Raw Fruits
Sweet Potatoes

Clinic Phone—R 1375.

Registry Phone—R 2657

Health Porridge

(Courtesy Dr. R. C. Riley)

1 part corn meal
2 parts rolled oats

3 parts cracked wheat
Salt

Cook about 20 minues. To each serving add 1 tsp. fresh wheat germ.

If YOU Don't Need It, SOMEONE Does

THE SUPERFLUITY SHOP

CLEARED \$2500.00 FOR THE RED CROSS IN 1942.

We will Call for Articles if you call us.

M 5423

1st Street East (opp. Post Office)

(Courtesy of The Good Cheer Club)

Risking his Life for You!



Give Him a Break!

by becoming a Red Cross Blood Donor



**BLOOD PLASMA SAVES LIVES
on the Battle Field.**



Your chance to share!

Fill out a Blood Donor application card and
send it to Red Cross Blood Donor Clinic,
707--13th Avenue West, Calgary, R2657

COOK TO WIN

Phone--R 1363

738-738A--17th AVENUE WEST

Opposite Western Canada High School

BON MARCHE STORE
MILLINERY - DRY GOODS - STAPLES

A WOMAN'S KINGDOM --
A MODERN KITCHEN

★ ★ ★

SEE THE NEW KITCHEN PLANS
AT

Beaver Lumber

10th Avenue and 11th Street West, Calgary

... BE CONVINCED ...

Your Baking Skill, One of These Recipes, made with our
Quality Ingredients, will Guarantee Success Everytime.

Try Us - FRIENDLY, EFFICIENT SERVICE - Free Delivery

BUY - RITE STORE

Independently Owned - 807--17th AVE. W. - Phone--W 2262



Household Hints . . .

Mending cottons are becoming very scarce. A sure way of having a good range of colors on hand, is to unravel the thread from the lisle tops of worn silk stockings, and wind on to a fork. Dip fork into boiling water, which will remove all kinks. Dry, then wind on to a spool.

To replenish **darning wools** that are getting harder to procure, the following method has been worked out. Cut a discarded woollen sock well above the worn part of the ankle. Unravel and wind on a wire sock drier. To remove the kinks dip in warm water and squeeze between palms of hands. When thoroughly dry, thread wool through inside of any cardboard roller of desired size and secure by slipping into notch made at top of roller. Then wind. Wool may be slipped off and pulled from centre when using.

Save old **powder puffs**; wash well and dry. Rub between fingers to soften. Use as polish applicators for silver and brass or furniture.

For **furniture scratches** rub walnut meat gently into scratch. When dry use wax or polish in usual way.

Brown shoe polish is an excellent filler for scratches on furniture.

"Prepared" dust cloths can easily be made at home. Simply pour one tablespoon of furniture polish into a glass jar and shake the jar around so that all the inside is coated. Then shake out a square yard of clean cheesecloth and put into the jar. Let it stand for a day, and you will have a fine prepared dust cloth.

A cloth wrung out of ammonia water will brighten the dingy overshoes and is very good for the rubber.

A good way to **whiten bread** or **meat boards** which have become discolored is to rub them with lemon rinds turned inside out. Then wash with clean, warm water. They will be a beautiful white when dry.

Before scraping **new potatoes** soak them for half an hour in cold water which has been salted. Not only do the skins peel off easily, but the hands are not stained.

Put a piece of **stale bread** on top of cabbage or turnips when boiling. This will lessen the disagreeable odour which comes when cooking cabbage.

To remove **tea** or **coffee** stains from china, let milk stand in the pitcher or cup until it sours. When washed it will shine like new.

Heat **lemons** well before using and there will be twice the quantity of juice.

Javelle Water for Bleaching

Use: To bleach clothes and remove stains.

½ lb. washing soda
1 pint boiling water

¼ lb. chloride of lime
1 quart cold water

Dissolve the soda in the boiling water. Let it cool. Dissolve the chloride of lime in cold water; when settled, pour off the clear liquid; add this to the liquid soda. Bottle, cork well, label and store in a dark place, as it loses its strength if exposed to air and light.

This bleach removes colour and must only be used for white clothes.

Stains: Dilute with equal quantity of water for stains.

Boiler: One tablespoonful of this, added to a boiler of clothes, helps to whiten them.

TO PRESERVE EGGS

Put strictly **fresh eggs** in crate, with points of eggs down. Have crate firmly closed. After 9 days turn the crate upside down and leave for another 9 days. After which turn the crate back to original position (with points of eggs down) Keep eggs in a cool place.

TO CLEAN PAINTED SURFACES

To clean **painted surfaces**, mix: 1 cup of ammonia, 1 cup of vinegar and 1 cup of coaloil (or turpentine). These ingredients may be mixed together and bottled for future use when 2 cups warm water may be added. If small quantity is desired use water as required.

Wash surface with mixture. Then finish by wiping well with damp cloth.

Cough Mixture

3 tbsp. linseed
1 stick licorice (cut small)

1 lemon (cut small)
2 cups water

Method: Boil together till thick and licorice is dissolved. Sweeten with sugar or honey. Strain.

Dose: 1 tsp. every hour for cough if necessary.

Hand Lotion

¼ oz. gum tragacanth
2 ozs. glycerine
2 ozs. cologne

1 oz. alcohol
¼ oz. rose-water

These ingredients may be procured from your druggist. Place the ingredients in a large bowl or pitcher and add 1 pint of boiling soft water (snow or rain). Then bottle and leave uncovered until cold.

Homemade Laxative

5 ozs. olive oil
3 ozs. glycerine
3 ozs. senna powder
2 ozs. charcoal

1 lb. dates
1 lb. prunes
1½ lbs. seeded raisins

Pit dates and prunes. Put these and the raisins through the food chopper. Add the other ingredients and blend well. Roll into balls about the size of a walnut and store in airproof container. Take one before breakfast daily. This recipe is recommended by a well-known medical clinic as a six months' cure for constipation.